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a melting pot

OF KITCHEN-TESTED INTERNATIONAL RECIPES

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the maquiling ladies club
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FOREWORD

The Filipino taste for food is a mixture of the cookery of the peoples of the world, particularly the Chinese, Spanish and American. In addition to the truly Filipino preparations of Sinigang, Paksiw, Bulanglang, Puto and Kalamay, Filipino dishes include foreign foods like Pancit, Lumpia, the Sarciados, Roasts, Macaroni Salad, Spaghetti with Tomato Sauce, Leche Flan, cakes and puddings. Practically all these foreign dishes have acquired a certain native character as recipes are adapted according to availability of ingredients, tolerance for certain spices, facilities in the kitchen and also the variation introduced by the individual's taste. The process of assimilating international influences is a continuous one since modern travel and communication help expose the Filipino taste to a variety of foreign foods. The Sukiyaki, Sate Babi, Curry, Pizza Pie, Lasagna and many others have fast become favorites.

The Maquiling Ladies' Club brings together in A MELTING POT the wealth of recipes accumulated over the years by the housewives and cooking enthusiasts in the international community of Los Banos and by their friends. Many of these recipes, which have been favorites of long standing in the households of their origin, have been handed down from mother to daughter to granddaughter, and eventually passed on to neighbors and friends. Kitchen-tested for years, the recipes often carry tips personally discovered by the contributor. As a form of service, therefore, the Club provides the medium through which these numerous recipes are organized and made easily available to all. Since it is expected that this cookbook will find its way to friends and Filipinos living abroad, the Club has tried to include recipes traditionally associated with the Filipino table, whether for simple daily fare or for parties and fiestas. For many others interested not only in Filipino cooking, A MELTING POT offers as well favorite recipes contributed by foreign residents in Los Banos.

The Club also seeks to help the housewife in her task of meal planning. The cookbook is a handy reference where a housewife may find both the usual and the unusual. In some instances, it offers two or more versions of the same dish, each version possessing its own merits. Furthermore, not only does the cookbook offer some useful kitchen tips, but it also attempts to quantify many unmeasured ingredients in preparations which have relied on the a-little-of-this-and-a little-of-that method.

THE RECIPE COMMITTEE
The Maquiling Ladies Club

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Cover Design: **R. Aboganda**

ACKNOWLEDGEMENT

This recipe book could not have been put together if people had not generously contributed to their recipes to this project of the MAQUILING LADIES' CLUB. To its many friends, therefore, who so kindly contributed to this recipe collection, the Club expresses its deep gratitude.

The CLUB also begs the indulgence of its readers and contributors for whatever errors have been overlooked in the preparation of this recipe book.

APPETIZERS

KONDOL ROSES

Olga Ponnamperuma **Ceylonese**

1/2 kg. ashe pumpkin (kondol), sliced 1/4" thick x 4" long x 1" wide
water to cover
1 tsp. lime (chunam or apog)
1/2 cup water
1/2 kg. white sugar
Rose water for flavoring
Coloring
Fine white sugar for coating

Prick the kondol slices with fork or toothpick, taking care not to break them. Place in water in which lime has been dissolved. Soak for a few hours. Wash very well to remove lime. Spread in cloth to dry. Put sugar and water in a pan and bring to a boil; add the kondol, laying them flat in the pan. Add flavoring and coloring. Lower the heat slightly as syrup thickens. Spread some fine sugar on a board. When syrup in pan begins to crystallize, remove kondol and roll each slice in the sugar on the board. Coat lightly, then form into roses.

MASALAWADE

Ceylonese

Olga Ponnamperuma

1/2 kg. yellow split peas
1 tbsp. chili powder (or less)
4 tbsp. chopped onions (sibuyas Tagalog is best)
2-3 green chilies (optional), chopped
Salt to taste
30-35 med.-sized fresh shrimps (dried shrimps may be used)
Oil for frying

Wash and soak peas overnight. Grind peas coarsely in a blender; add chillies, onions and salt. Make balls the size of walnuts, flatten into rounds and place a shrimp in the center. Deep-fry in oil (340^{o}-350^{o}F). The oil must not be too hot or the peas will not be cooked through.

MATAR KOFTA CURRY

(Curried Pea Fritters)

D. Pathak

- 2 lb. frozen green peas, shelled and boiled
- 1 tbsp. poppy seeds
- Flour as binder
- Oil for frying
- 1 tsp. ground cloves
- 1 tsp. ground cummin seeds
- 1/2 tsp. tumeric powder
- 1 tsp. peppercorns
- 1/2 tsp. cloves
- 1/2 tsp. cinnamon
- 1/2 tsp. cardamon
- 1 onion, minced
- 2 large potatoes, cubed
- Salt to taste

Mix thoroughly peas, poppy seeds, and enough flour to make a stiff paste. Shape into balls and fry in oil until golden brown. Drain and set aside. Fry spices in a little oil till raw smell disappears. Add onions and fry until brown. Add the pea mixture before serving. Serve with salad. Serve 4.

COCKTAIL CROQUETTES

Nora Flores

Prepare cheese, chicken, ham or bacon, lobster or crabmeat or tuna mixtures for croquettes using mashed potato as base. Shape mixture into marble-size balls. Roll in crumb, then beaten egg and again crumb, or a variation is to roll in crumb, beaten egg and then finely chopped nuts. Store in the refrigerator until ready to fry. Deep-fry like croquettes until a delicate brown. Serve on toothpicks. May be kept hot a few minutes until serving time in warm oven (270°F).

CHEESE STICKS

Nora Flores

Cut cheese into strips (5" x 1/4 inch). Roll each strip tightly in halved lumpia wrapper, leaving both ends free. Fry until crisp and golden brown, and serve hot.

CROQUETTE STICKS

Nora Flores

Roll tightly a teaspoonful of any desired croquette mixture in halved lumpia wrapper, leaving both ends free. Fry until crisp and golden brown. Serve hot.

DEVILED EGGS

Nora Flores

6 hard cooked eggs, peeled
1/2 tsp. salt
1/8 tsp. pepper
1/2 tsp. prepared mustard
1/2 tsp. finely chopped onions
2 tbsp. sour cream or mayonnaise
Parsley leaflets or paprika

Cut eggs in half, lengthwise or crosswise. If the latter cut is desired, cut sawtooth syle for decorative purposes. Remove yolks carefully and mash. Add the next 5 ingredients and blend until smooth. Pile lightly into egg whites. Stick parsley leaflet on top or add dash paprika.

Variations:

Add finely chopped baked or boiled ham, or crisp crumbled bacon, finely chopped sweet pickles or celery to yolk mixture.

Add finely flaked tuna or mashed sardines or mashed anchovies, finely chopped sweet pickles or celery to yolk mixture.

In both cases, adjust the seasonings.

DEEP-FRIED STUFFED EGGS

Betty C. Dangilan

6 hard cooked eggs
1 can sardines
2 tsp. prepared mustard
2 tsp. lemon or calamansi juice
2 tsp. Worcestershire sauce
1/2 tsp. salt
1/8 tsp. pepper
3 tbsp. mayonnaise
1 cup all-purpose flour
2 eggs, well beaten
1 cup breadcrumbs
Oil for frying

Halve the eggs lengthwise and remove the yolks. Sieve the yolks, mash the sardines and mix together. Add the seasonings and sufficient mayonnaise to make a firm paste. Mound each half egg with filling and form into shape of whole egg. Dip in flour and then coat with egg and breadcrumbs. Deep-fry about 2 minutes or until golden brown.

CORN TORTA

Nalda Ramos

2 cups corn (grated and pounded, young white flint variety (lagkitan)
1/2 cup shelled shrimps, chopped
2 tbsp. shrimp juice
1/2 cup sugar
1 heaping tsp. salt
1 tbsp. msg.
1 tsp. pepper, or more
2 tbsp. chopped onions
1/2 cup chopped green onions
2 eggs

Pound the shrimp heads and squeeze out the thick juice. Do not put water. Then mix all the ingredients thoroughly and deep fry by spoonfuls.

FRESH CORN UKOY

Lil E. Gatmaitan

2 cups shredded fresh corn
1/4 cup finely sliced kinchay
Salt and pepper to taste
1 cup shelled and sliced shrimps
1 small onion, cut finely
1 egg, well beaten

Mix together the corn, shrimps, kinchay and onion. Add the beaten egg. Season with salt and pepper to taste. Drop by tablespoonful in deep hot fat and fry until golden brown. Serve hot with a sauce of vinegar, salt and garlic.

UKOY

Anita Panggat

2 cups rice flour
2 eggs
2 cups water
4 cloves garlic, crushed
1/4 cup atsuete water
Salt to taste
1/4 cup chopped green onions
1 cup fried sliced tokua
2 cups mongo sprouts (togue)

Mix rice flour with eggs, water and garlic. Add atsuete water, salt and green onions. Fill saucer half full with mixture. Place some sliced tokua and mongo sprouts in center. Drop in deep oil and fry until brown. Repeat until mixture is used up.

FRNAKLY CHEESY APPETIZERS

Lydia R. Santos

1/2 kg. frankfurters, cut into fourths
1/2 cup chopped onions
2 tsp. vinegar
2 tbsp. Worcestershire sauce
1 tsp. chili powder
3/4 cup catsup
1/4 cup water
1/4 lb. processed cheese (half of 8 oz. box), cut into narrow strips

Place each frankfurter piece on a bamboo stick. Combine the rest of the ingredients, except the cheese, ina skillet. Cover and simmer about 20 minutes. Add cheese to sauce and stir to melt. To serve, place franks-on-sticks in hot water for a few minutes and then dip into the cheese sauce.

BINAKAW OR KINILAW

Tita Yaptenco

Dilis, the size of a man's middle-finger, very fresh, filleted, or lapu-lapu or tanigigue, also very fresh, filleted, skinned, boned, cubed
Lots of finely chopped ginger and onions
Salt to taste
Msg.
Hot sauce or red hot pepper (siling labuyo), crushed, the amount depending on one's preference
Del Monte Vinegar

Wash the fish three times with vinegar, changing the vinegar each time until the fish has lost its natural slimy feel and looks bleached. Drain well.

In a large bowl (do not use aluminum or any other metallic container), mix the ginger, onions, salt and hot pepper or hot sauce. Stir in the fish. Add a dash of msg. Pour in just enough vinegar to cover. Serve as an appetizer.

SPICY DILIS

Delia P. Advincula

100 gm. dired dilis

Batter:
2 tbsp. flour
1 1/2 tsp. pepper
1 tsp. msg.
2 tbsp. vinegar
2 tbsp. soy sauce

Coat the dilis wth the batter mixture and deep-fat fry.

GUINATAANG TAHONG

(For the cocktail group)

Mrs. Rogel Rufino

3 kg. tahong or shellfish
1 med.-sized head of garlic, minced
1/2 cup chopped onions
Pure coconut milk (kakang gata) from 1 large mature coconut
Small red hot pepper (siling labuyo), chopped
1 cup green onions, sliced in rings
Msg.
Salt or patis

Saute tahong in garlic, onions and ginger. Season with salt or patis. Add thick coconut milk and red hot pepper (amount as desired). When mixture tickens, stir in green onions and msg. Serve hot.

GUACAMOLE DIP
(A variation)

Lydia R. Santos

1 avocado, mashed
1 can deviled ham
1 tsp. chopped onion
1 tsp. lemon juice
Dash of paprika
1/4 tsp. salt

Mix together and serve as a dip for potato chips, crackers, etc.

CASSAVA-SHRIMP BALLS
(Good with cocktails)

Mrs. Rogel Rufino

2 kg. cassava, grated
3/4 kg. shrimps, uncooked, shelled and chopped
Salt
Msg.
1/4 cup chopped garlic
1 cup chopped onions

Mix well and form into marble-size balls. Deep fry. Serve hot.

DEEP-FRIED SHRIMP CAKE

Chinese

Nancy Chang

1/4 kg. shrimps, cleaned and finely chopped
50 gm. pork fat, chopped fine
1 tsp. salt
1/2 tbsp. wine
1 tsp. ginger juice
1 egg white
1 tbsp. cornstarch
6 slices white bread
2 tsp. black sesame seeds
1 tbsp. choppped ham
7 cups peanut oil
5 lettuce leaves

Combine thoroughly shrimp, pork. Add salt, wine and ginger juice. Blend in well. Add egg white and cornstarch. Remove crust from bread and cut each slice into 4 pieces. Put about 1 tbsp. shrimp mixture on each piece of bread and spread evenly to edges. Sprinkle with sesame seeds and ham for decoration. Heat oil in pan, deep-fry shrimp cake, shrimp side down first. Fry 2 minutes, turn over and fry another minute. Line the plate with lettuce leaves, lay the fried shrimp cakes on the lettuce leaves attractively and serve.

SIMPLE STIR-FRY SHRIMP

Jean Kauffman

(From head chef at IRRI)

- 1/2 kg. fresh shrimps, shelled and cleaned
- Salt and pepper to taste
- 2 tbsp. oil
- 3 cloves garlic, minced
- 1 onion, chopped
- 1 green pepper, chopped
- 3 tbsp. catsup
- 1 tsp. Worcestershire sauce

Season shrimps with salt and pepper. Set aside. Fry in oil garlic, onions and green peppers and cook till onions are transparent. Stir in shrimp and fry over high heat till they turn pink. Add catsup and Worcestershire sauce and continue to fry and stir till shrimps are done. Serve hot on toothpicks.

PINSEC WITH CRABMEAT FILLING

Bing Salacup

- 1 tbsp. fat
- 2 cloves garlic, crushed
- 1 small onion, sliced finely
- 1 cup crabmeat (fresh, frozen or canned)
- 1 tsp. msg.
- Salt
- 1/4 tsp. pepper
- 2 tbsp. chopped pimento
- 1 egg, beaten
- Molo wrappers
- fat for frying

Heat fat and saute garlic and onions. Add crabmeat, msg., salt, pepper and pimiento. Remove from fire. Stir in egg. Place a heaping tsp of mixture in molo wrapper and fold diagonally. Seal with water. Deep-fat fry until brown.

COTTAGE CHEESE DIP

Lydia R. Santos

1 cup cottage cheese
1 tsp. chopped onion
1 tsp. chopped parsley
1 tsp. Worcestershire sauce
1/2 tsp. salt
Dash of pepper

Blend and use as a dip for carrot, cucumber and celery sticks.

MACARONI OR SPAGHETTI PRETZELS

Betty C. Dangilan

1 cup uncooked macaroni or spaghetti
6 cups water (for every cup of macaroni or spaghetti)
1 1/2 tsp. salt (for every cup of macaroni or spaghetti)

Bring water to a rolling boil, add salt and drop macaroni. Cook for 12 minutes. Drain and dry under the heat of the sun or in an oven at low temperature. Heat oil, deep-fry dried macaroni to pop-out fully and drain in absorbent paper. Allow to cool and store in tin cans.

CAPONATA

Rebecca Pascual

1 1/2 cup olive oil
3/4 kg. eggplant cut into 1/2-inch cubes, unpeeled
2 1/2 cup sliced onions
1 cup diced celery
2 8-oz. cans tomato sauce
1/4 cup wine vinegar
2 tbsp. drained capers
2 tbsp. sugar
1/2 tsp. salt
Dash of pepper
Crushed chillis
12 pitted ripe olives cut in halves

Heat oil in skillet. Saute eggplant until tender and golden brown. Remove eggplant and set aside. Add 2 more tbsp. oil to skillet and saute onions and celery for 5 minutes until tender. Add eggplant, stir in tomato sauce and bring to a boil. Reduce heat, cover and simmer for 15 minutes. Add vinegar, capers, sugar, salt, pepper, chillis and olives. Cover and simmer for 20 minutes more, stirring often. Refrigerate overnight. To serve, place in a bowl and surround with toasted rounds of bread or crackers. Yields 4 cups.

MARGIE'S PIZZA

Rebecca Pascual

12 med.-sized pan de sal
1/4 cup tomato catsup
1/2 cup tomato sauce
Salt and pepper to taste
2 tbsp. brown sugar
1/2 cup cubed salami or cooked ham or sliced pepperoni
1/4 cup cubed mushrooms
1/4 cup hot sardines
1/4 cup grated Mozzarella cheese

Slice pan de sal lengthwise into halves and take out some of the doughy centers. In a small bowl combine the tomato catsup, tomato sauce, seasonings and sugar. Spread evenly on top of pan del sal "shells". Place salami, mushrooms and sardines on top of the tomato mixture and top this with grated cheese. Bake the pizzas in a hot over (450°F) until slightly borwn. Serve immediately.

ALMONDIGAS

Tita Yaptenco

1/4 kg. fresh shrimps, shelled and chopped fine
1/2 kg. ground pork
1 tsp. chopped garlic
2 tbsp. chopped onions
Dash of freshly ground black pepper
Salt
Msg.
1 egg, slightly beaten
1 tbsp. flour
1 tbsp. cornstarch

Mix well the first seven ingredients. Add the egg, flour and cornstarch. The mixture will not be firm enough to form into balls, so drop by spoonfuls into hot fat and deep-fry. It is good with cocktails or as a main dish with a green salad.

KROPEC
Dionisia Aspiras

1 cup rice
1 cup water
1 tbsp. lime solution (1/8 tsp. lime powder dispersed in 1 tbsp. water)
1 tsp. fine salt
1 tsp. msg.
1 tsp. oil
1 1/2 tbsp. dilis powder or 1 tbsp. hibe powder or ground fresh shrimp

Grind the rice finely, adding water to make grinding easier.

Prepare the steamer. Mix all the ingredients. Put 2 to 3 tbsp. of the mixture in a pie plate. When hibe or dilis is used, steam 2 to 3 minutes or until dough is transparent. If fresh shrimps are used, steam 7 to 8 minutes. Remove pie plate from steamer. Cool it over a pan of water. Cut kropec into desired size and peel off from plate. Dry in the sun until kropec is hard and brittle. Deep fry and drain in absorbent paper.

GUACAMOLE
Charlotte Coffman

1 large avocado, ripe but firm
2 chillis (pale green, about 3 in. long) — these are MILD
4 chillis (green, about 1 in. long) — these are HOT
1 green tomato
1 small onion
Juice from 1 calamansi
Salt and pepper to taste

Remove seeds and fibers from inside of chillis. Pound or puree in blender chillis, tomato, onion, calamansi juice. Add salt and pepper. Mash avocado and add to above, or, if using blender, add avocado all at once in 1-in. cubes and blend a few seconds.

Serve with corn chips or sitsaron.

Chilli should be adjusted to your taste.

TAHONG ADOBO

Tenny M. Vega

1 gal. clams (tahong), cleaned, cooked and shelled*
2 tbsp. oil
1/2 med.-sized garlic, finely chopped
1/4 cup vinegar
1/2 tsp. msg.
Salt and pepper to taste

Brown garlic in hot fat. Add tahong, msg. and salt. Saute for 2 minutes. Pour in vinegar and simmer until almost dry. Season with pepper.

Replace cooked tahong in shell and bake for about 5 minutes at 350°F.

*Save shell.

BEVERAGES

CALAMANSI TEA PUNCH

Connie B. Carangal

Juice of 50 pc. calamansi
10 tea bags
2 gal. water (1 gal. hot and 1 gal. cold water)
Sugar, ice

Dissolve tea in 1 gal. hot water. Combine juice, tea and sugar. Chill. Put ice cubes in each glass and fill up with mixture.

ORANGE TEA PUNCH

Connie B. Carangal

1 bot. Sunquick orange juice
10 tea bags
2 gal. water (1 gal. hot and 1 gal. cold water)
Sugar, ice

Same procedure as Calamansi Tea Punch.

PINEAPPLE TEA PUNCH

Connie B. Carangal

1 gal. can pineapple juice
10 tea bags
Juice of 20 pc. calamansi
Sugar, ice, 2 gal. water
Same procedure as Calamansi Tea Punch.

MANGO PINEAPPLE JUICE PUNCH

Connie B. Carangal

2 cans Homeco mango juice
1 tall can pineapple juice
2 bot. Lem-o-lime
1/2 gal. water
Sugar to taste
Ice

Combine all ingredients and stir to dissolve sugar.

PINEAPPLE GUAYABANO LEM-O-LIME PUNCH

Connie B. Carangal

- 2 cups guayabano concentrate
- 1 bot. Lem-o-Lime (8 oz. bot.)
- 1 cup pineapple juice
- 5 cups water
- 5 drops green coloring
- Sugar, ice

Combine all ingredients and stir to dissolve sugar. Chill. Put ice cubes in each glass and fill up with juice.

PINEAPPLE LEM-O-LIME PUNCH

Connie B. Carangal

- 1 gal. can pineapple juice (frozen)
- 4 bot. Lem-o-Lime
- Sugar to taste
- Ice
- 2 gal. water

Combine all ingredients and stir to dissolve sugar.

BUKO LYCHEES PUNCH

Connie B. Carangal

- 1 tall can pineapple strawberry juice
- 1 gal. buko juice
- 1/2 cup Lychees, chopped
- 1 cup Buko, chopped
- 2 gal. water
- Sugar to taste
- Ice

Combine all ingredients and stir to dissolve sugar. Chill. Half fill each glass with ice cubes and fill up with mixture.

BUKO STRAWBERRY PUNCH

Connie B. Carangal

- 1 gal. buko water
- 1 tall can pineapple strawberry juice
- 1/2 gal. water
- Sugar to taste
- Ice

Combine all ingredients and stir to dissolve sugar.

BUKO PUNCH

Zinnia S. Payawal

20 young coconuts, grated (save coconut water)
1 qt. merry cheery juice
1 cup granulated sugar
1 can lychees (optional)

Mix all ingredients and serve cold.

PINEAPPLE SEVEN-UP DELIGHT

Zinnia S. Payawal

1 qt. pineapple juice, frozen
4 bot. Seven-up

Take out frozen juice from can, place in a punch bowl and pour 7-up over it.

TEA

Jean Kauffman

1 heaping tsp. Ceylon tea
6 cups water, brought to a brisk rolling boil
2 1" pc. orange (or any citrus) peel
1 2" stick cinnamon

Steep tea leaves in water that has just been brought to a rolling boil for minutes. Strain tea leaves and then add orange peel and cinnamon stick.

A variation:
1 heaping tsp. Ceylon tea
6 cups water, brought to a brisk rolling boil
2 tbsp. crushed mint leaves

Follow the same procedure as above, except use crushed mint leaves instead of orange peel and cinnamon stick.

ICED SPICED TEA

Nalda Ramos

6 cups water
1 tbsp. calamansi or orange rind
2 tbsp. chopped ginger
1 cinammon stick about 2 inches long
8 tsp. loose tea
1/2-2/3 cup granulated sugar
1/2 cup calamansi juice

Combine the first 4 ingredients and bring to a rolling boil. Pour over tea in a heat proof container. Cover; let steep 5 minutes. Stir and strain. Add sugar and calamansi juice. Serve in tall glasses filled with 3-4 ice cubes each.

MOCHA COOLER

Nalda Ramos

1 cup strong coffee, chilled. (2 tsp. instant coffee to 1 cup water)
2 cup chocolate ice cream
1 tsp. vanilla
1/2 tsp. cinnamon
1/4 tsp. salt

Pour coffee into blender. Spoon in ice cream, vanilla, cinnamon and salt. Blend 15 seconds, or beat all ingredients with rotary beater. Serve immediately over ice cubes in tall glasses.

BUKO WITH LYCHEES

Lydia Santos

6 young coconuts (buko)
1 can lychees

Open buko and save the liquid. Scrape out the meat and cut in strips. Drain lychees and cut into strips. Save the liquid. Combine buko and lychee meats and liquids and chill. Serves 20.

CARNIVAL TEA

Lydia Santos

10 tea bags
1 cup Karo syrup
3 qt. water
1 cup fresh calamansi juice
1 cup fresh orange juice
Orange slices

Pour boiling water over tea and steep tea for 6 minutes. Cool. Stir in syrup. Add water, calamansi juice and orange juice. Mix. Chill. Fill glass about 1/2 full with ice cubes. Pour cold tea into glasses. Garnish with orange slices. Serves 24.

MOONLIGHT PUNCH

Lydia Santos

2 cups fresh orange juice
1 1/2 cup Karo syrup
2 qt. ginger ale

Mix all liquids and chill. To serve, garnish with orange slices. Serve 24.

PINEAPPLE JUICE WITH SEVEN-UP

Lydia Santos

1 gal. pineapple juice, frozen
1 case 7-up.

Place frozen pineapple juice in a container and pour Seven-Up over it. Serves 50.

SOUPS

PANCIT MOLO NO. 1

Bing Salacup

Filling:
1/2 kg. ground pork
1/4 kg. ground ham
1/4 kg. ground shrimp
1 tsp. soy sauce
1/2 tsp. salt
1/4 tsp. pepper
2 tbsp. chopped green onions
1 egg, beaten
Molo wrappers

Combine all ingredients and blend well. Place approximately 1/2 tsp. of filling on wrapper. Fold and seal with water. Set aside.

Soup:
1 tbsp. salt
2 cloves garlic, crushed
1 medium onion, sliced finely
1 cup sliced cooked chicken
2 tsp. patis (fish sauce)
8 cups chicken stock
1 tsp. msg.
Salt to taste
1/4 cup sliced kinchay (wild celery)

Heat fat and saute garlic and onions until brown. Add chicken, patis and stock and bring to a boil. Drop in molo one by one. Season with msg. and salt. Simmer for a few minutes then add kinchay. Remove from fire.

Wrapper:
2 cups flour
1 tsp. salt
2 eggs, slightly beaten
1/3 cup water

Combine flour and salt in a bowl and pour in egg and water. Stir and knead until dough is well blended. Roll into very thin sheets, cut into 4" squares. Divide each square into 2 diagonally.

PANCIT MOLO SPECIAL NO. 2

Betty C. Dangilan

Filling:

1 kg. ground pork
120 gm. green onions, chopped
100 gm. sinkamas, diced fine
10 pc. waterchestnuts (apulid),
100 gm. carrots, diced fine
2 tsp. salt
1 tsp. pepper
1 tsp. msg.
2 tsp. Worcestershire sauce
2 eggs
10 gm. kinchay, chopped
160 pc. Molo wrappers

Combine all ingredients and wrap by teaspoonfuls in Molo wrappers.

Soup:

4 cloves garlic, minced
1 med.-sized onions, chopped
1 cup med-sized shrimps, halved
100 gm. ham, sliced thinly
1 cup flaked cooked chicken
Chicken broth, liberal amount
Salt, patis to taste
1 tsp. ground pepper
1 tsp. msg.
100 gm. green onions, chopped

Saute garlic and onions until slightly brown. Add the shrimps and cook until half done. Add the ham and chicken and cook for a few minutes. Add chicken broth and bring to a boil. Drop filled molo wrappers in the broth. Season with salt, patis, pepper and msg. to taste. Cover and boil for 15 minutes. Garnish with green onions. Makes 50 servings.

PANCIT MOLO NO. 3

Flor Romero

1 cup ground pork
1/2 cup cooked flaked chicken
Soy sauce to taste
2 eggs
3 tbsp. chopped green onion
Pinch of pepper
1/2 cup shelled fresh shrimps, sliced
1/4 cup garlic, chopped
1/2 med.-sized onion, chopped
1/4 cup chopped water chestnuts (apulid) or turnips (singkamas), boiled and finely chopped

Combine all ingredients. Wrap one-half of mixture in pancit molo wrappers* and form other half into meat balls.

Wrapper:
2 cups flour
2 egg yolks
1/4 tsp. salt
1/4 cup water

Sift together flour and salt. Add egg yolks and knead with fingers. Add water and work until dough becomes very smooth and fine. Roll out on a floured board to a thin sheet about the thickness of paper. Cut in triangular pieces, about 3" x 3" x 3".

For the rest of the pancit:
1/4 cup lard
1/2 head garlic, chopped
1/2 med.-sized onion, chopped
1 cup sliced shrimps
20 cups chicken broth
2 1/2 tbsp. salt
1/2 tsp. pepper
3 tbsp. green onion, chopped

Saute garlic, onion and shrimps. Add chicken broth and bring to a boil. Drop stuffed molo wrappers and meat balls in broth. Season with salt and pepper. Cover and cook for 15 minutes. Garnish with green onions. 10 servings.

*Ready made wrappers may be bought in supermarkets.

CREAM OF CORN SOUP

Zinnia S. Payawal

4 cups canned or fresh grated corn
2 eggs yolks
2 tbsp. butter
2 tbsp. flour
4 cup milk
1 tsp. msg.
Salt to taste

Put the corn in a double boiler with 3 cups milk and cook for 20 minutes. Make a white sauce of butter, flour, and the milk and corn mixture. Add salt to taste and cook for 5 more minutes. Beat the egg yolks well and add to the remaining cup of cold milk. Stir this mixture into the soup. Cook for 1 or 2 minutes, stirring constantly. Beat and serve.

CREAM OF POTATO SOUP

Zinnia S. Payawal

8 med.-sized potatoes, diced
2 tsp. salt
3 cup milk or cream
1/8 tsp. nutmeg
2 med.-sized onions, sliced
2 tbsp. chopped parsley
1 tsp. msg.

Put potatoes and onions in a saucepan with enough water to cover them. Add salt. Cover and cook until potatoes are tender. Mash them in the liquid. Add remaining ingredients. Repeat, stirring constantly, but do not let boil. Garnish with parsley and serve immediately.

CLAMS WITH CREAMED CORN SOUP

Betty C. Dangilan

1 cup clam meat
1 med.-sized onion, chopped
1 clove garlic, minced
2 tbsp. lard or butter
1/2 cup creamed corn
4 cups clam broth
Salt and pepper to taste

Boil clams until shells open. Save stock. Remove clam meat from shell. Saute garlic onion in lard or butter. Add clam meat and creamed corn. Pour in clam broth and season with salt and pepper. Let simmer for a while. Serve hot.

Serves 4 to 6 people.

MINCED CHICKEN WITH CORN SOUP

Nancy Chang

1/2 lb. chicken breast (big), cut into fine slivers
2 egg whites
1 can (no. 2) sweet corn, cream style
6 cups chicken broth
3 tsp. salt
4 tbsp. cornstarch
4 tbsp. cold water
1 tbsp. chopped cooked ham

Mix thoroughly chicken, 1 egg white and corn. Put aside. Beat other egg white, set aside. Bring to a boil 6 cups chicken broth. Add chicken mixture and salt, bring to a boil again. Disperse cornstarch in water and stir into boiling broth. Continue cooking until broth thickens. Reduce heat to low add beaten egg white carefully until blended. Pour into serving bowl and sprinkle with ham.

CREAM OF PEA SOUP

Betty C. Dangilan

4 cups water
1 pc. bouillon cube
1/4 cup onion, chopped
2 tbsp. celery, cut up
2 tbsp. carrots, chopped
1/2 cup ham or sausage, chopped
1 cup green peas
1/2 tsp. salt
1 cup milk
1/4 tsp. pepper
Dash of msg.

Boil water with the bouillon cube. Add onions, carrots, celery, ham and peas. Season with salt, pepper and msg. Cook for 7 to 10 minutes or until peas are tender. Just before serving, add milk. Serve with croutons.

STEAMED EGG CUSTARD SOUP

Yoshiko Yoshida

4 eggs
3 cups chicken broth
1 1/4 tsp. salt
1 tsp. soy sauce (Kikkoman)
1 tsp. cooking cherry
Dash of sugar
4 shrimps, boiled and shelled
4 fish meat balls, cut into two each
4 small slices of chicken breast meat, lightly salted, starched and dipped in boiling water for a few seconds
4 small water chestnuts (apulid)
2 string beans, cut slantwise and boiled
4 small mushrooms, fresh, canned or dried (soak dried mushroom in water), boiled in chicken broth (1/4 cup or so) with dash of salt, trefoil or kinchay

To the broth, add the salt, soy sauce, sherry, and bring the mixture to a boil. Set aside and cool. In a bowl, beat the eggs lightly. When the broth is cool, add it to the eggs. Strain the mixture. Arrange the assorted ingredients in each cup. Pour the egg mixture over them, and put uncovered on the rack of a steamer. Leave the lid of the steamer open. Steam for 15 or 20 minutes over a slow flame. The custard is done when a little clear liquid rises in the hole made in the middle of the custard with a toothpick. Serve hot or ice cold. Good for the start of the dinner. Serves 4.

CHICKEN ASPARAGUS SOUP

Lily Saplala

8 cups chicken broth
Meat of 1 chicken breast, cut into thin slices and dipped in a mixture of 1 egg white (well beaten) and 1 tsp. cornstarch
1/2 cup carrots, sliced in thin rounds
1/2 cup Chinese pechay, cut in 1-inch lengths
1/2 cup cabbage pieces in 1-inch lengths
3-4 dried mushroom (optional), soaked in water, de-stemmed, and sliced in strips
1/2 cup sweet peas (chicharo), with ends removed
Salt, pepper, msg.
1 can asparagus — cut asparagus into 1-inch lengths, separate tips and mash
2 egg whites, well beaten, mixed with 2 tbsp. cornstarch

Boil chicken broth. Add slices of chicken breast one by one. Add mushrooms, carrots, chicharo and cabbage. Season with salt, pepper and msg. When the vegetables are almost cooked, stir in egg whites-cornstarch mixture little by little. Then add asparagus pieces and mashed tips. Serve hot. (Never overcook vegetables.)

CHICKEN BREAST SOUP

Nalda Ramos

1 cup chicken breast, thinly sliced into 1/2-inch squares
2 dgg whites
2 tbsp. fat
1/2 cup chopped ham or bacon
1 tbsp. minced garlic
1 cup minced onion
1 cup carrots, cut in jullienne strips
1 1/2 cups canned sweet corn, cream style
4 to 5 cups chicken broth
1 cup finely shreded Chinese petchay
1 tbsp. msg.
Salt and pepper to taste

Soak chicken breast squares in egg whites. Set aside. Saute ham, garlic, and onions until dry and brown. Add carrots, sweet corn and broth. Let boil until carrot strips are tender. Add petchay and seasonings. Bring to a rolling boil and drop chicken squares one by one, stirring vigorously. Pour in the remaining egg whites. Let boil for a second and remove from heat quickly. Serve immediately.

CHICKEN SOUP

Zinnia S. Payawal

1 qt. (4 cups) rich chicken broth
1/4-1/2 cup washed raw rice
Salt
Pepper

Bring broth to boil in 3-quart saucepan. Add rice to boiling broth, lower heat and cook 25 to 30 minutes. Add seasonings as desired and serve. Makes 4-5 servings.

NOTE: A variation of rice is given to allow for thin or thick soup as desired.

FRENCH ONION SOUP NO. 1

Lil E. Gatmaitan

4 large onions, sliced thin
2 tbsp. butter or margarine
4 cup brown stock
1 tsp. Worcestershire sauce
2 hard rolls, sliced and toasted
Grated Parmesan cheese

Fry onions in butter till lightly browned. Add stock and worcestershire sauce. Cook 20 minutes. Place under broiler a few seconds till cheese is slightly browned. Season with salt and pepper.

Sprinkle toast slices with cheese. Pour soup in bowls and float the slices on top. Makes 4 to 6 servings.

FRENCH ONION SOUP NO. 2

Zinnia S. Payawal

1/4 cup butter or margarine
3 cups thinly sliced onions
3/4 tsp. salt
Dash of pepper
1 1/2 quarts (6 cups) warm water
1/4 tsp. bottled brown seasoning sauce
5 beef bouillon cubes
6 2-inch rounds of crisp toast or toasted French bread
Crated Parmesan cheese

Melt butter in 3-quart saucepan on high heat. Lower heat, add onions and sauce until golden brown. Sprinkle with salt and pepper. Add water, seasoning sauce and bouillon cubes, cover. Bring to boil, simmer for 45 to 50 minutes. Serve immediately in soup bowls.

Place a round of toast sprinkled with cheese on soup in each bowl. Makes 6 servings.

CALANDRACAS

Nalda Ramos

1 cup boiled pork cut in short strips
1 cup cooked ham, diced
1 cup flaked cooked chicken
1 med.-sized garlic, minced
1 med.-sized onion, chopped
2 tbsp. pork fat
1 can (14 oz.) pork and beans
1 cup cooked peeled garbanzos (chick peas)
2 cups diced potatoes
6 cups chicken or pork broth
1 tbsp. msg.
Salt and pepper to taste

Saute first 5 ingredients in fat. Add the rest of the ingredients. Let boil and simmer for 20 minutes. Serve hot.

TAHONG ARROZ CALDO

Tita Yaptenco

4 to 5 cups tahong, cooked, cleaned well
4 cups water
1 1/2 cups uncooked rice, washed
4 cloves garlic, minced
1 onion, chopped
2 tbsp. chopped ginger
Patis
1 tbsp. atsuete seeds soaked in 1 cup water
Msg.
1 cup chopped green onions

Cook tahong in water and shell. Save clam broth. Saute tahong in garlic, onions and ginger in a large kettle. Season with patis and add a dash of msg. Stir in the rice. Add atsuete water. Lower the heat, correct the seasoning by adding salt or more patis. Cover and continue cooking for 2 minutes. (If mixture starts drying up, add a little clam broth.) Add 4 cups clam broth. Turn up the heat until mixture boils. Then, lower the heat, keep the kettle covered but stir every now and then until rice is cooked. Add more clam broth if mixture gets too thick.

Just before serving, stir in the green onions. Serve hot with a side dish of calamansi and patis.

BEAN CURD SOUP

Luzviminda C. Santos

1 pc. (2" x 3") bean curd
1 tbsp. sesame oil
1 tsp. minced garlic
1 small onion, chopped
1/2 cup ground pork
1/2 cup diced ham
1/2 cup shelled shrimps, deveined and halved
1 cup diced carrots
2 pc. Chinese mushroom
4 cups water
1 cup cream style corn
2 tbsp. cornstarch
2 egg whites, well beaten
Salt to taste
1 tbsp. msg.
Pepper to taste

Mash bean curd. Saute the next 7 ingredients in sesame oil. Add water. Let boil. Add corn and bean curd. Thicken with cornstarch, stir in egg whites. Add salt, msg. and pepper.

CHICKEN PEA SOUP

Zinnia S. Payawal

2 cups shelled peas
4 cups water
1 small onion, minced
2 small potatoes, peeled and sliced thin
1 tbsp. butter or margarine
1 egg yolk
Salt
1/2 tbsp. msg.

Boil the peas until they are tender. Drain and save the water, about 4 cups. Press the peas through a fine sieve, discarding the skins. Brown the onion in the butter. In a saucepan put the saved water from the boiled peas, onion, butter and sliced potatoes. Season with salt and msg. Bring to a boil and simmer until the potatoes are dissolved or mashed. Stir in the well-beaten egg yolk.

VEGETABLE SOUP

Zinnia S. Payawal

- 1/4 cup butter or margarine
- 1 green pepper choppped (1/2 cup)
- 1 small onion, peeled and chopped (1/4-1/3 cup)
- 2 stalks celery
- 2 cups cubed mixed raw vegetables (such as carrots, potatoes, etc.
- 1 can (no. 2) tomatoes
- 1 qt. soup stock
- 2 tsp. salt
- 1/8 tsp. pepper

Melt butter in 4-6 quart kettle on high heat. Lower heat, add green pepper, onion and celery and saute 10 minutes. Add raw vegetables, tomatoes, soup stock, and salt and pepper. Bring to a boil and then simmer 25-30 minutes or until vegetables are tender. Add more seasonings as desired.

Makes 6 servings.

SHRIMP BISQUE

Zinnia S. Payawal

- 3 tbsp. butter or margarine
- 1 small onion, grated (3 tbsp.)
- 3 tbsp. all-purpose flour
- 3/4 tsp. salt
- Dash of pepper
- Dash of mace
- 3 3/4 cups milk
- 1 1/3 cups chicken broth
- 3/4 cup cooked shrimps, minced
- 2/3 cup light cream or top milk
- 1/4 tsp. lemon rind, grated

Melt butter in 3-quart saucepan on high heat. Lower heat, add onions, and cook until is yellow, stirring occasionally. Add flour and seasonings; blend thoroughly. Add milk and broth gradually, stirring constantly. Cook until mixture thickens. Over very low heat, add shrimps and parsley. Cook 10 minutes. Then add cream and lemon rind.

Makes 6 servings.

SOUP STOCK

Zinia S. Payawal

Leftover bones from poultry, roats, steaks, chops, etc.
Water
2 celery stalks and leaves
1 small onion, peeled and coarsely chopped
2 bay leaves
6 peppercorns
1 1/2 tsp. salt

Place bones in a 4-6 quart kettle and cover bones with water (at least 2 quarts). Add vegetables and seasonings. Cover utensil. Bring to boil and then simmer 2 to 3 hours or until amount of water added has been reduced to 1/2 the original amount. Strain, add additional seasonings if desired. Use immediately or cool quickly by placing utensil in cold water; then store in refrigerator.

Use stock in soups, sauces, and gravy.

SINIGANG NA SUGPO

Flor Romero

4-6 large prawns
2 med.-sized tomatoes, cut into quarters
1 onion, quartered
1/4 lb. kangkong tops
8 pc. green tamarind pods or 6 camias (if not available, use calamansi juice and add 2 more tomatoes)
4 cups water (or rice washing)
Salt to taste

Clean prawns, chop off whiskers and spiny section of head without removing the head or shell. Set aside.

Boil in saucepan 1/4 cup water or rice washing, with the tamarind pods until the pods become tender enough to mash. Mash tamarind pulp and strain to remove seeds and shell; pour tamarind liquid into a kettle. Add the remaining water, the tomatoes and onions. Bring to a boil. Then add the prawns; remove when cooked and set aside on a plate. Add the vegetables and continue boiling until vegetables are done but not soft and soggy. Add the prawns when ready to serve.

KABUTE SOUP (MUSHROOM)

Tenny M. Vega

2 tsp. fat
2 cloves garlic, crushed
1 small onion, sliced
1/2 cup finely sliced pork
1/2 cup shelled fresh shrimps
10-12 pc. fresh mushrooms (kabute), cleaned and shredded
Salt and pepper to taste
4 cup water or any broth available

Saute until almost brown garlic and onions in hot fat. Add pork and shrimps at interval of a few minutes and continue sauteeing for 2 minutes. Season with salt and pepper. Add water. When water boils, add kabute and cook until tender.

SUAM NA MAIS (CORN SOUP)

Flor Romero

1 1/2 cup fresh, tender corn kernels
1 onion, sliced
1 head garlic, crushed
1/4 kg. fresh shelled shrimps
4 cups water or shrimp stock
1 cup chili leaves (red devil variety)
1-2 tbsp. patis
Pepper and salt to taste

Scrape corn from the cob. Set aside. Fry garlic and onions. Add patis and shrimps. Add water or stock. Boil for a few minutes. Add corn and simmer until corn kernels are tender. Add chili leaves, salt and ground pepper if desired. Serve hot.

CLAM SOUP WITH MALUNGGAY LEAVES

Flor Romero

3 tbsp. lard
3 cloves garlic, crushed
3 thin strips ginger
2 tbsp. onion, sliced
3 cup clams (halaan), washed and drained
8 cups rice washing
1 cup malunggay, washed and sorted
2 tsp. salt
1/4 tsp. pepper

Saute garlic, ginger, onion and halaan. Add rice washing. Cover and let mixture boil for 3 minutes. Add malunggay leaves and cook 3 minutes longer. Season with salt and pepper. Serve hot.

SININGANG NA KARNE

Flor Romero

1 kg. pork, cut in serving pc.
6 cups rice washing
2 tomatoes, sliced
1/2 tsp. salt
5 green tamarind pods
2 med.-sized onions, cut into quarters
2 med.-sized radishes, sliced
2 cups kangkong tops
2 tbsp. patis

Cook the tamarind pods with the rice washing in a saucepan and mash tamarind when tender. Strain to remove shells and seeds and pour strained liquid back into saucepan. Add the sliced tomatoes, pork, onions and let boil. Add salt. Cook until meat is tender. Add the radish and kangkong tops.

Serve hot with patis sauce.

FISH SHELLFISH

PESANG DALAG WITH MISO-TOMATO SAUCE

Flor Romero

1 med.-sized mudfish (dalag), cleaned and scrubbed to whiteness and cut into 6 pieces
6 cups rice washing
20 pc. peppercorn
2 tbsp. onion, sliced
1-inc. pc. crushed ginger
2 1/2 tsp. salt
1/4 head of cabbage, cut in big pieces
1/4 head of Chinese cabbage (petsay), cut in big pieces
1/4 cup green onions, cut into 2-in. lengths

Heat rice washing together with peppercorns, onions, salt and ginger. When washing boils, add the fish. Cook for 10 minutes. Add cabbage, petsay and green onions. Cook 4 minutes. Serve with miso-tomato sauce. Makes 6 servings.

Miso-tomato sauce:

1 tbsp. cooking fat
tsp. garlic, minced
2 tbsp. onions, sliced
1/4 cup tomatoes, sliced
3 tbsp. miso, washed with 1/2 cup water

Saute garlic, onion and tomatoes. Cook for 2 minutes. Add miso and cook 3 minutes longer. Serve with pesang dalag.

TINAGANG KANDULE (CATFISH)

Anita Panggat

2 coconuts, grated
1 kg. kandule, cleaned and cut into serving pc.
Juice extracted from 5 pc. yellow ginger
1 1/2 cups native vinegar or 3/4 cup cider vinegar
2 heads of garlic, crushed
2 tbsp. fat
1 med.-sized onion, sliced
6 med.-sized tomatoes, quartered
1 cup bottle gourd (upo) cut into 2-inch cubes and boiled
1 cup yard-long beans (sitao), cut into 2-inch lengths and boiled

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3 eggplants, but into 2-inch pieces and boiled
1 cup alagao leaves
1 cup pepper (sili) leaves
1 tbsp. msg.
1 tsp. pepper

Extract pure coconut milk. Set aside. Marinate fish in a mixture of vinegar, half of garlic and yellow ginger extract for one hour. Saute rest of garlic, onions, tomatoes in fat. Add fish together with the marinade. Simmer until fish is done. Add coconut milk and cook until broth is thick. Add boiled vegetables, alagao and pepper leaves, msg. and pepper. Correct seasonings. Continue cooking until mixture starts to boil. Remove from fire. Serve hot.

PINANGAT NA ISDA NO. 1

Tenny M. Vega

6 pc. camias, sliced thinly
3 med.-sized tomatoes, sliced thinly crosswise
10-12 pc. common Slipmouth (sapsap)
Salt to taste

Line the bottom of the cooking pan with the vegetables. Place fish on top and sprinkle with salt. Cover pan and cook until fish is done. Keep flame low -- fish and vegetables should cook in their own liquid. If too much evaporation occurs, add 2 to 3 tbsp. water.

PINANGAT NA ISDA NO. 2

Tenny M. Vega

4 med.-sized tomatoes, sliced into 5 pc., crosswise
2 med-sized onions, sliced into rings
4 stalks leeks, sliced into 2" lengths
10 pc. celery leaves
1/2 tsp. msg.
1/4 cup water
1 med.-sized lapu-lapu, apahap or talakitok, cleaned
2 tbsp. oil
Salt and pepper to taste

Line a shallow cooking pan with the vegetables. Add msg., water and then lay fish on the vegetables. Pour oil on top. Sprinkle with salt and pepper. Cover pan and cook over low flame until fish is done. Keep flame low fish and vegetables should cook in their own liquid. If too much evaporation occurs, add 2 to 3 tbsp. water.

BANGUS SARDINES IN OIL NO. 1

Nora Flores

4 small milkfish (bangus) 7 to 8 inches long, cleaned
Salt to taste
1/2 cup cooking oil
Enough water to cover
10-12 peppercorns
4-5 slices carrots (optional)
1 tsp. soy sauce (optional)

Rub the fish inside and out with salt. If you prefer, cut fish diagonally into serving pieces first before rubbing them with salt. Arrange fish at the bottom of the pressure cooker. Pour over the oil and soy sauce. The peppercorns and carrot slices. Add enough water just to cover. Cook for 25-30 minutes at 15 lb. pressure. Serve cool.

BANGUS OR GALUNGGONG SARDINES IN TOMATO SAUCE NO. 2

Nalda Ramos

2 kg. small milkfish (bangus) or galunggong, 7 to 8 inches long,
    cleaned, cut to desired size
1 cup salt
4 cups water
1 1/2 to 2 cans (8-oz. size) tomato sauce
2 cup oil
1 tbsp. peppercorns
2 tbsp. msg.
2 bay leaves

Soak fish in salt and water. Wash and drain. In a pressure cooker, combine tomato sauce, oil, peppercorns, msg. and bay leaves. Arrange fish in this mixture. Cook for 25 minutes at 15 lb. pressure.

CRISPY FISH SLICES WITH SWEET-SOUR SAUCE

Chinese

Nancy Chang

1/2 kg. lapu-lapu (or any firm white fish), filleted
1/2 tsp. salt
2 eggs, beaten
5 tbsp. flour
3 tbsp. cornstarch
Little cold water
5 cups peanut oil

Seasoning sauce:
3 tsp. cornstarch
4 tbsp. sugar
3 tbsp. vinegar
1 tbsp. soy sauce
1 tbsp. wine
1/2 tsp. salt
1 tsp. sesame oil
2 tbsp. peanut oil
1/2 tbsp. chopped garlic
1/2 tbsp. chopped ginger

Cut fish fillet lengthwise to make very thin slices and then salt. Combine beaten eggs, flour and cornstarch. Add some cold water to make a batter thick enough to coat fish slices. Dip fish in batter and deep fry for 3 minutes or until golden brown. After frying fish, continue heating fat until it is very hot and refry fish for 1 more minute. Set aside. Mix all seasoning sauce except garlic and ginger. Set aside. Leave in frying pan 2 tbsp. peanut oil and saute garlic and ginger. Pour in seasoning sauce and cook with cornstarch stirring over high heat until mixture thickens. Turn down heat and add fish immediately. Mix until fish is well cooked. Serve with sauce.

FISH BEEF KAL-NAP

Korean

Sung Lee

10 pc. green pepper, seeded and sliced into 2 lengthwise
10 pc. red pepper, seeded and sliced into 2 lengthwise
1/2 tsp. salt

Fish filling for green pepper:
1/4 kg. fish or shrimp, chopped finely
3 cloves garlic, chopped
1 tsp. ginger juice
2 tsp. green onions, chopped
1/2 tsp. red wine
1/2 tsp. salt
1 tsp. sesame oil
1/8 tsp. white pepper

Beef filling for red pepper:
1/4 kg. ground beef
3 cloves garlic, chopped
2 tsp. chopped green onions
1/2 tsp. salt
1/8 tsp. black pepper
1 tsp. sesame oil
Dash msg.
3 tsp. flour
2 eggs. beaten
1/8 tsp. salt
Oil for frying

Sprinkle pepper with salt and flour inside and out. Combine all ingredients for green pepper and do the same for red pepper. Fill pepper halves with the mixture. Flour top, dip in egg and fry. Serve with vinegar and soy sauce.

BACALAO A LA BISCAINA

Bing Salacup

1/4 kilo bacalao (codfish), soaked overnight and flaked
1/2 cup olive oil
3 cloves garlic, crushed
1 medium onion, minced
2 pc. potatoes, cut into 1/2" cubes
1 cup cooked chick peas, peeled
1 cup (8 oz.) tomato sauce
1/4 cup water
2 big pc. pimiento, sliced
1/2 tsp. pepper
1 tsp. msg.
1/2 cup olive oil

Heat 1/2 cup oil and saute garlic and onions. Add bacalao and continue sauteeing for about 2 minutes. Pour in tomato sauce and water and boil. Add potatoes and cook until almost tender. Add chick peas and continue cooking until potatoes are done. Add pimiento, pepper and msg. Pour in 1/2 cup olive oil. Heat for a minute.

SHRIMP CREOLE

Ginny Metz

1 kg. shrimps, cooked and shelled
1 large onion, chopped
1 clove garlic, minced
4 stalks celery
4 tsp. salad oil
1 can (no. 2 1/2 can) or 3 1/2 cups tomatoes
Dash salt and pepper
2 bay leaves
1 spring thyme
Dash hot sauce

Brown onion, garlic and celery in hot oil. Add tomatoes, seasonings and hot sauce. Cook for 40 minutes. Stir occasionally. Add shrimps and cook 10 minutes longer. Serve over rice.

PRAWN CURRY

Ceylonese

Olga Ponnamperuma

1 coconut, grated
1/2 cup water
1 kg. prawns, washed, shelled and deveined
2 tbsp. cooking oil
2 tbsp. onions, chopped
4 cloves garlic, chopped
2 ginger slices, chopped
2 tsp. curry powder
2 tsp. chili powder
1 cinnamon stick
1 big tomato, chopped
3-4 green chillies, chopped (if you like dish hot)
1 1/4 tsp. salt
2 tsp. lemon or calamansi juice

Extract pure coconut milk and set aside. Add 1/2 cup water for a second extraction. Grind the heads, legs and tails of prawns. Mix diluted coconut milk. Strain and then mix with pure coocnut milk. Set aside. In pan, heat oil, when it is very hot, add onions, garlic, ginger, green chillies, curry and chili powders, cinnamon and prawns. Toss and cook for 10 minutes, add tomatoes and cook a few minutes longer. Add coconut milk and simmer gently. Add salt and lemon juice to taste.

SAE U SUN

Korean

S.H. Lee

20 pc. med.-sized shrimps
1 tsp. salt
1/2 tsp. white pepper
3 eggs, separated and beaten
5 tsp. prepared mustard
1 tbsp. soy sauce
Salt to taste (optional)

Peel shrimps, leaving tail intact and slit along back half way. Sprinkle with salt and pepper; steam until done. Set on serving dish.Fry egg white into this sheet. Shred into strips. Do the same for egg yolks. Set aside. Salt may be added to eggs when frying. Combine mustard and soy sauce, pour over shrimp, then top with shredded eggs.

SHRIMP WITH RED AND GREEN PEPPER

Terry M. Vega

1 kg. large (4-5" long) shrimps, shelled and deveined
2 tbsp. white wine
1/2 tsp. ginger juice
2 tsp. salt
1/4 tsp. pepper
2 egg whites, slightly beaten
1 tbsp. cornstarch
Oil for frying
1/2 cup tomato catsup
3 tbsp. Worcestershire sauce
1/3 cup water
1 cup diced green pepper, 1/2" size
1 cup diced red pepper, 1/2" size

Season shrimps with wine, ginger juice, salt and pepper. Set aside. Blend egg white and cornstarch. Dip shrimps in egg white-cornstarch mixture and half fry in deep fat. Set aside.

Boil together catsup, Worcestershire sauce and water. Drop in fried shrimps, red and green pepper and green onions. Simmer for 2-3 minutes.

SHRIMP KARE-KARE

Nalda Ramos

1/4 kg. fresh shrimps whole with shell. Cut off legs and tips of heads.
2 tbsp. fat
1 tbsp. garlic, minced
1 big ronion, sliced
1/2 cup tomato sauce
2 tbsp. atsuete extract
1 cup rice water
1o pc. yard-long beans (sitao) cut into 2-inch lengths
1/4 kg. cabbage leaves, quartered
10 pc. okra, cut into 2-inch lengths
3 tbsp. peanut butter
2 tsp. msg.
Salt and pepper to taste

Brown garlic in fat, add onions and shrimps. Cook until about dry. Add tomato sauce, atsuete and rice water. Let boil once and add potatoes and string beans. Simmer until vegetables are half done. Add cabbage, okra, peanut butter and seasonings. Let boil once and remove from heat. Do not overcook vegetables.

PRAWNS IN CATSUP

Paz E. Lacuna

1 kg. prawns (sugpo), washed and drained, with sharp fins chopped off, back slit lengthwise from head to tail but not all the way into prawns, and deveined
6 cloves garlic, peeled and minced
2-inch length of ginger, peeled and sliced
2 small onion, peeled and sliced (optional)
5-6 small hot pepper (siling labuyo), or more or less, according to your taste, crushed
1/2 cup tomato catsup

Saute garlic, ginger and onions. Add well-drained prawns. Season with salt and pepper. Cook over slow fire until prawns turn red and juice comes out. Add hot pepper and catsup. Continue cooking over slow fire for a few minutes.

SHRIMP ADOBO WITH TOMATO SAUCE

Flor Cutillar

1/4 kg. large shrimps or sugpo,cleaned, with heads removed but not the shells
1 can tomato sauce
1 onion, chopped
Salt to taste
Parsley

Fry shrimps in deep hot fat until half done. Remove from fire and set aside. Saute chopped onion in 1/4 cup cooking oil. Add tomato sauce and simmer until fat blends well with sauce. Add or return the half-fried shrimps and shrimps until tomato sauce becomes thick. Garnish with parsley.

STUFFED SQUID

Anita Panggat

8 pc. large fresh squids, cleaned, with entrails and black ink is removed

Stuffing:
1/4 cup groundpork
1/4 cup chopped onions
1/4 cup chopped ham
1/4 cup bread crumbs
1 egg, beaten
1/4 cup milk
1 tsp. salt
1/2 tsp. pepper
Sauce:
1/4 cup margarine
1 head garlic, minced
1/4 cup chopped onions
1/4 cup chopped tomatoes
1 tbsp. soy sauce
2 tbsp. vinegar
1 tsp. salt
1/4 tsp. pepper

Mix the stuffing ingredients and fill in the squids. Replace heads and fasten with toothpicks.

Saute the garlic, onion and tomatoes in hot margarine. Add the rest of the ingredients and bring to a boil. Add the stuffed squids and cook until tender.

STUFFED CUTTLE FISH (PUSIT)

Ceylonese

Olga Ponnamperuma

1 med-sized coconut, grated
2 cups water
1/2 kg.cuttle fish (2 1/2-3" in sized), cleaned

Filling:

1/2 cup green munggo, roasted and crushed
1 tsp. coriander seeds
1 tsp. chili powder (if you like dish hot)
2 cloves garlic, chopped
1 tsp. salt
Pinch turmeric or yellow powder

Gravy:
2 med-sized onions, chopped
4 garlic, chopped
1 tsp. sweet cummin powder
2 cardamons
1 cloves(optional)
3 tsp. coriander powder
2 tsp. cummin powder
2 green chillis
2 tomatoes, chopped
3 tsp. chili powder

Add water to coconut and extract milk. Set aside. Wipe fish dry. Combine all filling ingredients and stuff fish (do not over stuff so that fish will not split open during cooking). Seal opening with toothpicks. In the coconut milk mix all the ingredients for gravy. Add stuffed fish and bring to a boil. Then lower heat and cook until munggo is done and fish is tender. If coconut milk is not enough to cook fish, you can add some more. The gravy when fish is ready should be thick.

ALIMANGO IN GATA

(A Bicol Dish)

Nena Escuro

1 coconut, grated
2 cups water
3 or 4 med.-sized crabs (alimango) or large shrimps (sugpo), cleaned
1 small onion, sliced
3 cloves garlic, crushed
2 cups malunggay leaves
Salt to taste

Extract milk from coconut with 2 cups water. Set aside. Remove claws of alimango and crash. Cut the alimango in half. Cook alimango in coconut milk, onions and garlic, stirring once in a while to avoid curdling. Add salt to taste. When alimango is cooked, add malunggay leaves and cook until done, but not too long to avoid bitter taste of overcooked malunggay. Serve hot.

SQUID REBOZADO

Nora Flores

1 kg. small-sized squid, cleaned, with ink removed
1 1/2 cup water
1/4 cup vinegar
1/4 tsp. peppercorn
1 bay leaf
Salt to taste

Batter:
2 eggs, beaten
1/2 cup water
1 cup all-purpose flour
1 tbsp. cornstarch
3/4 tsp. salt
1 tsp. baking powder

Cook squid in mixture of the next 5 ingredients until done. Drain. Dip each in batter and deep-fry until crisp and golden brown. Serve with sweet-sour sauce or tomato catsup.

SHRIMP REBOZADO

Nora Flores

1 kg. regular-sized shrimps

Parboil shrimps in salt water for 5 minutes. Drain, remove heads and shells, leaving the tails intact. Holding each tail, dip and coat each one with the same batter used in squid Rebozado. Deep fry until crisp and golden brown. Serve with sweet-sour sauce or tomato sauce.

BEEF

BEEF SMORE

Ceylonese

Olga Ponnamperuma

1 med.-sized coconut, grated
2 cups water
1 1/2-2 kg. round steak, one pc
1/2 pickled lime
1 med.-sized onion,chopped
1 slice ginger, chopped
2 cloves garlic, chopped
2 cloves
Padan or bay leaves
1/2 in. lemon grass
4 tbsp. vinegar
1 pc. cinnamon
1 tbsp. chilli powder (or less)
1 1/2 tsp. salt
1 tbsp. coriander powde roasted
2 tsp. cummin powder, roasted
2 tsp. sweet cummin powder, roasted
2 tbsp. oil

Extract pure coconut milk. Set aside. Repeat extraction using 2 cups water. Remove all gristle from meat, wash and dry. Prick or pound meat and rub lime pickle well into it. Put meat into pan (not too large). Add 1/2 of the onions and all ingredients except oil and pure coconut milk. If thin coconut milk doesn't cover meat, add more milk from a third extraction. Bring to a boil and simmer until meat is tender and gravy has almost dried up. If there is any gravy left, drain it off and remove the meat. Add oil to pan and when it is hot add remaining onions and fry until brown. Add pure coconut milk and any gravy that has been drained off. Bring to a boil, then add meat. Slice and serve with thick gravy.

CALLOS NO. 1

Nalda Ramos

1/2 kg. goto (tripe)
1/4 kg. ox cheeks (muka ng baka)
1 pc. ox legs (pata ng baka)
1 cup cider vinegar
1/2 cup salt
1 big onion quartered
Enough water to cover half of meats
1/4 kg. chicken breast
4 slices bacon,cut 1" long
2 chorizos de bilbao, sliced
3 tbsp. lard or bilbao fat
2 big onions, sliced
1 big head garlic, minced
2 big green or red sweet peppers, sliced and broiled
1 cup diced carrots
3/4 cup tomato sauce
1/2 cup white wine
Salt and pepper to taste
Meat broth
1 can (14 oz.) pork and beans
1 cup chick peas (garbanzos), cooked and peeled
1 tbsp. msg.

Clean meats by rubbing them very well with vinegar and salt. Let meats stay in vinegar and salt for 30 minutes. Wash very well with water. Drain meat and put in pressure cooker. Add enough water to cover 2/3 of meats. Add quartered onions. Cook in pressure cooker for 25 minutes. Debone and slice meats 1/2 inch square and reserve broth. Debone chicken and slice in thin 1/2-inch squres, Fry chicken, bacon and chorizo in fat. Set aside. Saute in same fat, garlic, onions, pepper and carrots. Add meats, tomato sauce, wine, salt and pepper. Simmer for 20 minutes. Add beans, garbanzos and and msg. Simmer for 5 minutes more.

CALLOS NO. 2

Linda Juliano

1 kg. beef tripe
1 pc. chorizo de Bilbao or 6 strips bacon
3 cloves garlic, minced
1 onion, chopped

Salt and pepper to taste
1 can tomato sauce
1 cup diced potatoes
1 green and 1 red sweet pepper, cut into strips
1 cup chick peas (garbanzos)

Tenderize beef trine in 3 cups water in a pressure cooker under 15 lbs. pressure for 30 minutes. Cut into desired pieces and save the broth. In 1 tbsp. oil (preferably from pork fat), saute garlic, onion, chorizo and beef tripe. Season with salt and pepper. If bacon is to be used, fry it in an oilless skillet and use the extracted fat for sauteeing and return the fried bacon strips to the mixture just before adding the salt and pepper. Simmer for 5 minutes. Add tomato sauce, cover and simmer for another 5 minutes. Add the broth and potatoes and continue boiling until potatoes are cooked. Lastly, add the chick peas, pepper strips and msg.

SAUSAGE MAKING

Luzviminda Santos

3/4 kg. lean pork
1/4 kg. pork fat
1 tbsp. salt
2 to 3 tbsp. sugar
1/3 tsp. saltpeter (salitre)
1 tsp. pepper
3 tbsp. pineapple juice
1 tbsp. vinegar
1 tbsp. dry gin
1 tbsp. minced garlic
1 tsp.msg.
1 tbsp. soy sauce
3 tbsp. cornstarch

Chill lean meat for at least 12 hours then cut into cubes and grind. Chop fat coarsely. Mix ground lean meat and pork fat. Mix curing solution and seasoning and blend with the meat. Stuff mixture in artificial casing and link into pieces of 2 inches long. Refrigerate or dry under the sun for 8 hours.

BEEF TAPA NO. 1

Luzviminda Santos

1 kg. beef (sirloin or tapadera)
2 tbsp. salt
2 to 3 tbsp. sugar
2/3 tsp. baking soda
1/3 tsp. salitre
1 tsp. msg.

Cut beef in very thin slices. Mix curing solution thoroughly and rub slices of beef thoroughly. Pack them in plastic bags and store in refrigerator for a week or months in the freezer. Before cooking dry under the sun for 8 hours.

BEEF TAPA NO. 2

Delia P. Advincula

1 kg. beef rounds, sliced thinly

Curing mixture.
Juice of 5 pc. calamansi
3 tbsp. vinegar
5 tbsp. soy sauce
1 tsp. salt
5 tbsp. brown sugar
1 tsp. msg.
1 tbsp. saltpeter (salitre)
2 tsp. peppercorn

4 cloves garlic, minced
10 gm. ginger, minced

Rub the beef slices with the curing mixture and let stand for a day. Fry and serve with sliced tomatoes.

For cocktails, dry beef tapa in the sun for a day or in a warm oven. Fry before serving. Properly dried beef tapa can be stored for 6 months without spoiling.

CORNED BEEF NO. 1

Luzviminda C. Santos

3 kg. boneless punta y pecho
6 cups water
1 cup salt
4 tablets ascorbic acid (500 mg. each tablet)
1/8 tsp. salitre
1/16 tsp. nitrite III*
2 1/2 tbsp. sugar
1 tsp. msg
2 pc. luarel leaves
1 tsp. peppercorns

Cube meat about two inches, trimming excess fat. Leave thin layer of fat with the meat. Boil 3 cups water to disinfect. Cool. Boil 3 cups water and 1 cup salt. Cool. Pound ascorbic acid to pulverize. In a plastic container or basin mix 2 1/2 cups boiled water, 2 1/2 cups salt solution, powdered ascorbic acid, salitre, nitrite III and sugar. Soak the meat for 13 hours, after which wash meat very well and drain completely. Wash meat 4 times, resting the meat about 5 minutes and draining after each washing. Wrap laurel leaves and peppercorns in a cheese cloth. Put well drained meat in a pressure cooker. Sprinkle with msg. and put wrapped spices on top of meat. Cook for 45 minutes after hissing time.

* Could be bought from cooking schools.

CORNED BEEF NO. 2

Nieves Nazareno

4 kg. beef, brisket, choice
8 tbsp. sugar, heaping
8 tbsp. rocksalt or common table salt
4 tsp. prague powder or saltpeter

Prick meat on all sides. Combine sugar, salt and praque powder. Rub mixture all over heat. Let stand at room temperature till salt is all dissolved. Store, covered, in a refrigerator for 4 days to cure.

Two ways to cook:

1. Boil with just enough water to cover the meat, over low heat until very tender. Shred into fine pieces by hand and cook with onions.
2. Get a whole piece. Cover with enough water in a kettle and cook over low heat to soften. When water is almost gone add a glassful of pineapple juice syrup from canned sliced pineapple. Cook until dry, turning the meat once in a while till glazed.

MORCON

Nalda Ramos

1/2 kg. round steak
3 tbsp. calamansi juice
3 tbsp. soy sauce
1 tsp. ground pepper
1 tbsp. chopped garlic

Slice beef in thin sheets about 1/2" x 8" x 9". Pound with back of knife and marinate in the rest of ingredients above for two hours.

Prepare the filling:
4 slices pork fat 1/4" x 1/2" x 8"
4 slices liver
1 chorizo bilbao in long narrow strips
4 Vienna sausages, cut in halves lengthwise
1 medium red pepper cut in long narrow strips
2 hard cooked eggs, quartered lengthwise
2 tbsp. fat

Spread sheet of meat on wooden board. Arrange above ingredients on alternate rows. Sprinkle 2 tbsp. flour. Roll as in jelly roll and lace with string. Brown meat roll in hot fat. Add marinade and the following ingredients:

1/2 cup tomato sauce
1 med.-sized onion cut fine
12 olives
1 bay leaf crushed
2 cup water
Salt to waste

Cook meat roll over low heat for one hour until broth thickens into a sauce, and meat becomes tender. Remove meat roll from pan, untie string, and pan fry meat in a little fat. Slice, arrange on a platter and pour sauce over it.

ROLLED STUFFED FLANK STEAK

Nalda Ramos

- 3/4 kg. flank or round steak
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 tbsp. prepared mustard
- 1 1/2 cups cubed day-old bread
- 1 tsp. poultry seasoning
- 1 med.-sized onion, chopped
- 1/2 cup chopped celery
- 1/4 cup melted shortening or oil
- 2 tbsp. flour
- 1 cup water or beef broth
- Fat for frying
- 1-2 tbsp. flour, toasted

Slice steak 1/4 inch thick and as wide as you can. Sprinkle both sides of meat with salt and pepper, and spread mustard over top.

Toss bread, poultry seasoning, onion, and celery with shortening. Spoon mixture evenly over top of steak. Roll up steak beginning with narrow end, fasten with skewers or lace with string, if necessary. Sprinkle with flour.

Brown well on all sides in hot fat in Dutch oven over medium heat. Add water. Cover tightly, cook over low heat 1 1/2 hours, or until tender. The browned meat may be baked in a moderate oven, 350°F for 2 hours. Remove meat and thicken cooking liquid for the gravy. Makes 6 to 8 servings.

KARE-KARE

Victoria Ela

- 1 med.-sized cow's leg or tail, cleaned and cut into desired pieces
- 4 tbsp. oil
- 1 clove garlic, crushed
- 1 onion, sliced
- 1 tsp. atsuete, soaked in 1/4 cup water
- 1 banana heart (puso ng saging), sliced crosswise and soaked in water with salt
- 10-15 pc. sitao
- 4 eggplants, cut as desired
- 1/3 cut roasted rice, finely ground
- 1/3 cup roasted peanuts, finely ground
- Cooked bagoong alamang to serve as sauce

Simmer meat with enough water to cover until almost tender.

Saute garlic and onion and add water from atsuete washing. Pour sauteed mixture in the pan containing the cooked cow's leg or tail. Add the washed sliced banana heart, then the sitao and later the eggplant. Add water when necessary and let dish simmer until the vegetables are about cooked. Add the ground rice and peanuts, stirring the mixture to prevent scorching. Serve the kare-kare hot with cooked alamang as sauce.

BEEF CALDERETA

Nalda Ramos

1 kg. stewing beef, cut into pieces
1/2 cup vinegar
1/4 cup soy sauce
1 tbsp. salt
1 tsp. ground pepper
2 tbsp. margarine
1 med.-sized garlic, minced
1 med.-sized onion, minced
1 med. red pepper, sliced
1/2 can (8 oz.) tomato sauce
2 cups water
10 pieces olives (optional)
1/4 cup pickle relish
1/2 cup grated cheese
2 tbsp. peanut butter
2 tbsp. liver spread or
100 gm. liver, broiled and ground

Marinate beef in vinegar, soy sauce, salt and pepper. Fry garlic, onion and red pepper in margarine. Add marinated beef and cook until dry. Add tomato sauce, water, olives (optional), and pickle relish. Simmer until beef becomes tender. Add grated cheese, peanut butter, liver spread or ground liver. Cook until last ingredients are well blended and sauce thickens.

MECHADO

Dolores Sacay

2 kg. round steak (whole or 2 pieces)
1 big can (238 gm.) Vienna sausage
2 pc. chorizo bilbao, Filipino style, halved
4 strips pork fat 1/2" x 1/2" x 6"
4 strips pork or beef liver 1/2" x 1/2" x 6"
Juice of 8 calamansi

1/4 cup soy sauce
2 tbsp. bacon fat
1 big onion quartered
1 big garlic crushed
3-4 cups meat broth or water
1 or 2 bay leaves
Salt and pepper to taste
1 can (8 ox.) tomato sauce
2 tbsp. sugar

Using a sharp pointed narrow kitchen knife cut through the meat longitudinally along the grain. Make as many slits to insert your Vienna sausage, chorizo, fat and liver. Marinate the beef in calamansi and soy sauce. In a dutch oven brown beef in bacon fat. Add marinade, garlic, onions and broth. Cook covered and simmer for almost an hour until beef is tender and liquids dry up to a fatty sauce. Add bay leaves, tomato sauce, msg., sugar, salt and pepper. Continue cooking until sauce thickens for about 10 minutes more.

CURRY **Indian**

Shad Khan

2 onions, sliced
4 tbsp. oil
2-3 cardamons
1 pc. cinnamon stick
1 tsp. ground ginger
1 tsp. ground garlic
1/2 tsp. turmeric
1/4 tsp. ground red pepper
1 tsp. ground coriander
Salt to taste
1/2 kg. beef stew, lamb or goat meat or 1 cut-up chicken
1/2 cup yogurt
1 cup water

Fry onions in hot oil till light brown. Add cardamons and cinnamon. Remove from heat and add all the spices. Cook on low heat for a few minutes. Add the meat and cook 5 to 10 minutes until brown. Add yogurt and fry a few more minutes. Add the water and simmer until meat is tender. If gravy is too thick, add more water and cook a few minutes more. Serve with rice.

OX TONGUE ESTOFADO

Marcia C. Jesena

1 big ox tongue, about 2 kg.
3 tbsp. butter
1 clove garlic
2 large onions, chopped
1 can (14 oz.) mushrooms
1 cup white wine
1 can (8 oz.) tomato sauce or 1 can (6 oz.) tomato paste
Salt to taste
1 tsp. msg.

Wash tongue very well. Put in a pressure cooker. Put enough water to cover 3/4 of tongue. Cook at 15 lb. pressure for about 25 minutes. Discard broth. Remove or peel outer hard covering of tongue. In a deep pan, brown tongue in butter. Add garlic and onions, continue cooking until brown. Add wine and mushroom. Continue cooking until almost dry. Add tomato sauce and paste. Add salt to taste and msg. Continue cooking until sauce thickens.

BULKOGI

S. H. Lee

t sp. green onion, finely chopped
1 tsp. garlic
3 tbsp. onion
2 tbsp. water
1 tbsp. sesame oil
1 tbsp. sesame seed, baked and crushed
4 tbsp. soy sauce (optional)
2 tbsp. sugar
1 tsp. black pepper
1/2 tsp. msg.
1/2 kg. beef ternderloin, sliced thin

Combine all ingredients except the beef. Rub beef slices with the mixture and marinate for 1 hour. Sear beef slices in a heavy pre-heated slightly greased pan. Serve hot.

BEEF OR PROK A LA CHUNGKING

Helen L. Valmayor

3 tbsp. cooking oil
1/2 kg. wafer-thin slices of beef or pork
1 cup canned or fresh mushrooms
1 tbsp. cherry or red wine
1 cup fresh broccoli or kale stalks

Sauce:
1 tbsp. cornstarch
1 tbsp. sugar
2 tbsp. soy sauce
1/4 cup water

Heat oil in skillet untl very hot. Add beef or pork slices and brown thoroughly. Add mushrooms and sprinkle with cherry. Add sauce mixture to meat and stir until sauce thickens. Add broccoli or kale stalks. Serve with hot white rice.

COCIDO

Nalda Ramos

1 kg. kenchi or beef shank cut into serving pieces
1/2 kg pork liempo cut into serving pieces
2 chorizo de bilbao cut 1-inch long
1 med.-sized onion, quartered
1 tsp. peppercorns
1 tbsp. salt
2 tbsp. sugar
2 sweet potatoes (camote or yam), halved
6 cooking bananas (saba), peeled
1/4 kg. cabbage, cut in big pieces
1 stalk pechay, cut in big pieces
1/2 cup cooked garbanzos
1 tbsp. msg.

Simmer the meats separately in enough water until tender. Remove bones of beef. In beef broth, continue to simmer the beef, pork, chorizo, onions, peppercorns, salt and sugar for 10 minutes. Add sweet potatoes and bananas and continue cooking until tender. Add cabbage, pechay, garbanzos and msg. and continue cooking until the vegetables are half-cooked.

Sauce:

1 tbsp. fat
1 med.-sized garlic
1/4 cup tomato sauce
1 tsp. pepper
1 tsp. soy sauce

Saute garlic in hot fat. Add tomato sauce. Mash a piece of saba and a a piece of camote from the cocido and add to the sauce. Add pepper and soy sauce. Serve separately with the cocido.

PUCHERO

(An all-time favorite)

Anita Panggat

1/2 kg. beef, cut into serving pieces
1 small chicken, cut into serving pieces
1/2 kg. lean pork, cut into serving pieces
1 tsp. peppercorns
3 pieces tomatoes, quartered
3 pieces onions, quartered
3 tbsp. cooking oil
3 cloves garlic, crushed
1 cup tomato sauce
1 cup grated Kraft cheese
1 cup meat broth
1/4 kg. cabbage
1/4 kg. pechay
1/4 kg. yard-long beans (sitao), cut into half
Salt and pepper to taste

Simmer meats together with peppercorn, tomatoes and onions until tender. Set aside broth. Heat oil. Saute garlic. Add tomato sauce and simmer for 10 minutes. Add meats, cheese and broth and cook slowly until cheese is melted. Add the vegetables and cook until done. Season to taste and serve hot

LIVER WITH PINEAPPLE

Flor Cutillar

1/2 kg. beef liver, washed and sliced into biting pieces
3 tbsp. lard
1 small onion, sliced
1/2 tsp. salt

1/2 tsp. pepper
1 cup pineapple tidbits
1/2 cup pineapple juice

Saute onions in hot lard for 1 minute. Add liver slices and season with salt and pepper. Add pineapple tidbits and juice. Cover and cook for 2 minutes.

TEREYAKI KEBOBS

Ginny Metz

1/2 cup soy sauce
1/4 cup oil
1/4 cup water
1/4 cup sherry wine (if desired)
1/2 tsp. ground pepper
1/4 tsp. onion powder or chopped onions
1/4 tsp. garlic powder or 1 clove garlic
1/2 kg. beef sirloin cut in 1" cubes
24 pc. mushroom caps
24 pc. small onion
24 squares of green pepper
6 pc. tomatoes cut in quarters

In med.-sized bowl, combine soy sauce, oil, water, sherry and seasonings. Add meat and let stand 1 to 2 hours in refrigerator, turning occasionally.

Alternate meat and vegetables on 6 skewers. Broil 5 to 10 minutes. Serve with rice.

GRILLED BEEF

Charlotte Coffman

1 1/3 kg. (3 lb.) lean beef, cut in thin slices, strips or cubes
1 cup salad oil
1/4 cup sugar
2 tbsp. soy sauce
4 tbsp. finely chopped green onion
2 cloves garlic, minced
1/2 tsp. salt
1/2 tsp. pepper
4 tbsp. sesame seed

Combine all ingredients for marinade and pour over meat. Be sure meat is well covered with sauce. Let stand overnight in refrigerator.

Take out meat from refrigerator and bring to room temperature. Drain off surplus sauce before you broil meat over hot coals. Cook on narrow mesh grill or thread on skewers or sticks. Baste with sauce as necessary during broiling. Serves 6.

MEAT LOAF

Lily Saplala

1/2 kg. ground beef
3/4 cup finely shredded bread, soaked in a little milk and mashed
1 egg beaten
1 cup tomato sauce
1/2 cup finely chopped onion
1/2 cup chopped green pepper
1 1/2 tsp. salt
1/2 tsp. pepper
1 small bay leaf, finely crushed
Dash thyme and marjoram (optional)
Rings of red and green pepper and onions

Mix all ingredients well except rings of pepper and onions and press into a loaf pan. Put rings of pepper and onion on top of loaf. Bake at 350° About 40 to 50 minutes. Serve 8.

POULTRY

CHICKEN ADOBO WITH COCONUT MILK

Victoria Ela

2 med.-sized coconuts, grated
1 cup water
1 chicken, cleaned and cut into serving pieces
1/2 cup vinegar
1 head garlic, pelled and crushed
1/2 tsp. peppercorns
1 bay leaf
Salt to taste

Extract pure coconut milk. Set aside. Repeat extracting using 1 cup water for thin coconut milk. Set aside. Marinate chicken in the next five ingredients for at least an hour. Cook chicken in marinade and think coconut milk until almost tender. Simmer only. Add pure coocnut milk and simmer further until sauce has thickened a little. Serve hot.

CHICKEN (SZE-CHUAN STYLE)

Sophie Ling

1 kg. chicken, deboned and cut into 1" cubes
1 tbsp. cornstarch
8 pc. dried red pepper
1/2 cup peanut or casuy nuts
Oil for frying
1 tsp. ginger

Seasoning sauce:
2 tbsp. soy sauce
1 tbsp. wine
1/2 tbsp. brown sugar
1 tsp. cornstarch
1/4 tsp. salt
1 tsp. sesame oil

Marinate chicken in soy sauce and cornstarch for 1 hour. Then fry in hot oil for half a minute. Remove chicken. Set aside.

Fry dried red pepper until it turns black. Add ginger and chicken. Stir in the seasoning sauce until it thickens. Just before serving add the toasted peanuts or kasuy. Serve hot.

YAKITORI CHICKEN AND PORK
(For a cocktail buffet or a dinner dish)
YOSHIKO YOSHIDA

Sauce:
1 cup soysauce
1/2 cup cooking wine
1/2 to 1 cup brown sugar (depending on your taste)
1 tbsp. unflavored gelatin
1/4 cup chicken broth

Bring the sauce ingredients (except the gelatin) to a boil over a slow flame and let the mixture simmer for about five minutes. Mix the gelatin with a little water and add to the sauce mixture. When the sauce has thickened, remove it from the heat. The sauce should be very thick.

1 broiler chicken (or four breasts or four legs)
2 chicken livers
1 bunch of leeks
4 small bell peppers
1 lb. pork tenderloin

Cut meat into bite-size pieces. Cut the leeks and the bell peppers into bite-size pieces too. Arrange the chicken meat and the leeks alternately on bamboo skewers. Arrage the pork and the bell peppers on other skewers. Prepare five or more skewers per person. Arrange them attractively on a big plate and bring plate to the table. Prepare a gas grill or barbecue set. First put skewers of unseasoned meat and vegetables over the grill fire and lightly brown them all around. When the meat pieces are cooked, dip them into a deep bowl containing the sauce you made, return them to the fire, and grill them a little longer. Dip skewered pieces in the sauce again and serve with red chili powder. You can skewer the vegetables and the meats separately, especially for children. Serves 6 to 8.

CHICKEN AND PINEAPPLE
Linda Juliano

1.5 kg. chicken cut into desired pieces
1 tbsp. fat
1 medium garlic,minced
1 medium onion, sliced
1 tbsp. patis
Salt and pepper to taste
1 1/2 cup pineapple tidbits with the juice
1 medium potato, cubed

5 pieces frankfurters cut into 1-inch pieces
1 tsp. msg.
2 tbsp. evaporated milk

Saute chicken garlic, and onion in fat. Season with patis pepper, and salt. Cover and simmer for 2 minutes . Add pineapple tidbits and juice. Cook until chicken is tender. Take out the liver, mash it and set aside. Add the potatoes and continue cooking until done. Add hotdog, msg. and liver. Cover and simmer one more minute. Lastly, add milk before serving.

CHICKEN TIM

Linda Juliano

1.5 kg. chicken cut into desired pieces
1 med.-sized lemon
1 med.-sized head of garlic , minced
1 med.-sized onion, chopped
1 tsp. salt
1 tsp. pepper
1 tbsp. soy sauce
2 tbsp. peanut butter

Marinate chicken in lemon juice, lemon rind, garlic, onion, salt, pepper and soy sauce for an hour. Simmer with 1/2 cup water until chicken is tender. Mash the chicken liver and add together with the peanut butter to the sauce to thicken. Add msg. and blend the sauce well.

CHICKEN WITH BANANA UBOD

Marcia C. Jesena

1 chicken, cut into pieces
4 cups water
1 meter long banana ubod, sliced
1 to 1 1/2 cup kadios
1 cube ginger, slightly pounded
3 tbsp. salt
1 cup coconut milk (optional)

Put chicken pieces in pan and cook with water until tender. Add kadios and cook until half-cooked. Add banana ubod, ginger, garlic, and salt. Cook until ubod is tender. Remove from fire. If to your taste, add 1 cup of coconut milk before removing dish from fire. Serve while hot.

BROWN CHICKEN WITH ASPARAGUS SPEARS

Dolly Sison

1 kg. chicken (whole)
1/4 cup soy sauce
1/2 tsp. msg.
Oil for frying chicken
1/2 cup cornstarch dispersed in 1/2 cup water
1 can (14 oz.) asparagus spears
1 head Chinese pechay (about 1/3 kg.)

Marinate chicken in soy sauce and msg. for an hour or more. Turn chicken occasionally. Remove chicken from marinade and fry to brown. Save marinade. Remove oil. Add marinade and 3 cups water to chicken. Cover, bring to a boil and then simmer until chicken is very tender. Do not allow broth to dry. Add more liquid if necessary to maintain 3 cups of chicken broth. When chicken is tender add contents of a can of asparagus and leaves of pechay. Thicken broth with cornstarch. Correct seasoning.

LEMON — FLAVORED CHICKEN

Nora Flores

1 spring chicken, cut into serving pieces
1 tbsp. fat
2 tbsp. finely shredded fresh ginger
1/2 cup fresh mushrooms, cut, or 1/2 cup dried mushrooms, softened in boiling water, drained and cut
1/4 cup fresh green or red pepper strips
2 tbsp. sugar
1/2 tsp. msg.
1/2 cup chicken broth
1/4 cup lemon or calamansi juice
Salt to taste
1 tsp. lemon extract

Simmer chicken pieces in just enough water until tender. Reserve about 1/2 cup broth. Heat oil in pan and add ginger and mushrooms. Then add pepper strips. Cook about 5 seconds and add sugar and msg. Add the reserve broth. Let boil. Then add lemon or calamansi juice and salt to taste. Add the chicken pieces and cook 30 seconds longer. Transfer chicken pieces to serving dish. To the liquid, add the lemon extract and pour over chicken pieces. Garnish with lemon slices or calamansi halves.

CHICKEN ASADO

Ada Cendana

1 kg. chicken , cut into serving pieces
2 tsp. salt
2 tbsp. flour

2 tbsp. oil
1 small head of garlic,crushed
1 onion, sliced
1/2 cup tomato sauce
1 tbsp. soy sauce
Salt to taste
1 bay leaf
2 potatoes, quartered
1/2 cup grated cheese

Dredge chicken pieces in flour and salt mixture. Fry until half done. Remove chicken. Saute garlic and onions. Add bay leaf and tomato sauce. Add chicken and potatoes and cook until tender. Thicken with grated cheese.

DEVILED CHICKEN WITH SITAO

Jo S. Eusebio

2 tbsp. oil
1 head garlic, crushed
1/2 med.-sized chicken, diced
1 small piece ginger, chopped fine
1/2 tbsp. sugar
1 regular bundle, yard-long beans, (sitao), cut 3/4 inch long
5 hot peppers, chopped
Salt and msg. to taste

In a saucepan, fry garlic in oil until golden brown. Add chicken, salt and msg. Cook over high heat until slightly brown. Add ginger and sugar and mix well. Cover, lower flame and continue cooking until chicken is almost done. The mixture should be saucy and not dry. Add a little water, if needed. Add sitao and hot pepper. Cook until sitao just tender. Serve hot.

DEVILED CHICKEN

Connie B. Carangal

2 small chickens
1/4 cup butter
Watercress
2 tsp. salt
2 tsp. sugar
1 tsp. pepper
1 tsp. dry mustard
1 tsp. ground ginger
1/2 tsp. curry powder
2 tbsp. ketchup
2 tbsp. chutney
1 tbsp. Worcestershire sauce
1 tsp. soy sauce
1 tbsp. plum jam
Dash of Tabasco
1/2 cup soup stock

Marinade chicken in deviled mixture for 2 hours or more. Then bake chicken on a buttered pan until done. Garnish with watercress.

KARI AYAM MALAYA

Diane Neeley

1-1 1/2 kg. chicken cut into serving portions
2-3 tbsp. curry powder
1 coconut, grated
3 tbsp. fat
4 onions, chopped
2 cloves garlic, chopped
1 1/2" cinnamon stick
5 cloves
3 star anise
3 cardamon seeds
4-5 pc. potatoes, cut into quarters
4-5 tbsp. ground fresh chilis (optional)

Mix curry powder into cut-up chicken and let stand.

Extract coconut milk with 1 cup water. Set milk aside. Make a second extraction by using 2 cups water. Set aside.

Saute garlic and onions in fat. Add meat and potatoes and continue sauteeing for about 10 minutes. Add spices and chili. Add coconut milk from first extraction and bring to a boil. Then add coconut milk from second extraction and simmer until done (about 1 hour). Serve with rice.

Beef, pork or mutton may be substituted for chicken.

If potatoes are half cooked before they are added, they take up the flavor better.

FRIED CHICKEN A LA MAX

(Chicken Steamed-Fried)

Nora Flores

1-1/2 kg. whole dressed chicken
Salt and pepper to taste
Frying oil

Rub the chicken inside and outside with enough salt and pepper to taste. Wrap in aluminum foil and seal all sides well to prevent water from seeping in when steaming. Steam in about 3/4 inch of water in a deep covered pan or container for 25 minutes from boiling time. A wooden or wire rack at the bottom of the pan will be much more convenient. Remove from pan to cook a little with the wrapper still on. Twenty minutes before serving time, remove the wrapper and deep-fry in hot oil until the skin is crisp and golden brown. Turn the chicken around if necessary to get the desired browning and crispness. Cut into serving pieces or if preferred, into halves or fourths. Serve while hot and crispy.

CHICKEN WITH GATA AND MALUNGGAY

(A Filipino medley for variety)

Nalda Ramos

1 big coconut, grated
1 cup water
1 kg. chicken, cut in serving pieces
2 tbsp. cider vinegar
1-inch cube ginger, sliced
1 tbsp. crushed garlic
1 tbsp. salt
2 tbsp. margarine
1 tbsp.peppercorns
1/4 cup brown sugar
2 cup malunggay leaves
1 tbsp. msg.

Add water to coconut and extract milk. Set aside. Marinade chicken in a mixture of vinegar, ginger, garlic and salt for one hour or more. Brown chicken in margarine. Then add the marinade, cover and continue cooking until chicken is half-cooked. Add peppercorns, brown sugar and coconut milk. Cover and simmer until liquid thickens. Add msg. and malunggay leaves. Cook for 2 minutes more until the liquid thickens to a sauce and oil comes out.

CHICKEN WINGS WITH DILAW

Felly T. Orillo

3 cloves garlic, minced
1/2 med.-sized onion sliced
3 medium tomatoes, sliced
6 chicken wings, washed and drained (other chicken parts can be used)
Salt
12 pcs. yard-long beans (sitao) or 1 small bundle, cut into 2-inch lenghts.
2 eggplants, each cut into four lenghtwise, and then each piece into four lenghtwise
1 1/2 in. dilaw (looks like ginger and can be bought from the local markets). To extract juice, pound dilaw and squeeze well in a little coconut milk. Strain milk.
1 bunch kangkong (optional). Get young leaves and young stems.
1 cup coconut milk from 1 coconut

Saute garlic, onions and tomatoes in cooking oil. Add chicken wings season with salt, and after a few minutes add the extarcted dilaw juice in a little coconut milk. Allow to simmer, and then add sitao, eggplant and kangkong. Cover for a few minutes. When vegetables are half-cooked, add the rest of the coconut milk stir to prevent curdling and cook a few minutes more. Serve hot.

Kanduli or dalag can be substituted for chicken.

CHICKEN BAKED IN BARBECUE SAUCE

Tenny M. Vega

1 kg. chicken, cut into serving portions
4 cloves garlic crushed finely
1/2 cup tomato catsup
1/2 cup sugar
2 tbsp. Worcestershire sauce
1 tsp. salt
1 tsp. msg.

Combine all ingredients and marinade chicken overnight. Bake at 325°F for 40 to 45 minutes. Baste occasionally.

CHICKEN IN CREAM
Nalda Ramos

1 kg. chicken broiler, whole
2 tbsp. margarine
1 big onion, quartered
2 cup chicken stock
1 tsp. salt
1 can (14 oz.) asparagus spears
1/4 kg. cabbage, quartered
2 tbsp. flour or cornstarch
1/2 cup milk
1 tbsp. msg.
1 tsp pepper

Brown chicken and onions in margarine. Add chicken stock and salt. Cover and simmer for about an hour or until chicken is very tender and the meat just comes off the bones. Add more liquid when necessary to avoid drying up. Add the asparagus and its liquid and the cabbage. Continue cooking until cabbage is tender. Thicken broth with flour. Add milk msg. and pepper. Broth should be thick with half of chicken submerged. If canned asparagus is not available, use half of the packaged cream of Asparagus Soup diluted in cups water. Omit milk and flour.

CHICKEN AND CLAM CORN PIE
Nalda Ramos

2 tbsp. butter or margarine
2 big onions, minced
1/2 cup chopped celery
6 tbsp. flour
1 tsp. salt
1 tsp. pepper
2 cup shelled clams
1 cup evaporated milk
1 can (59 oz.) kernel corn
1 tbsp. msg.
3 cup cooked chicken or turkey in large pieces
2 hardcooked eggs, coarsely chopped
1 pie crust
1 eggyolk

Saute onions and celery in margarine. Set aside. Combine flour, salt, pepper, clams, broth , milk, corn and msg. Cook and stir constantly until thick. Stir in cooked chicken and vegetables. Turn into a casserole dish. Spread chopped cooked eggs on top. Cover with crust. Brush crust with eggyolk. Bake 30 minutes or until crust is golden brown.

GALANTINA

2 kg. stewing chicken
Juice of 6 calamansi
3 tbsp. soy sauce
2 chorizo bilbao, Filipino style
5 regular frankfurters
1/2 cup sweet mixed pickles
4 eggs beaten
1 cup grated cheese
1 small box raisins
Salt and pepper to taste
2 red and green peppers sliced
2 hard cooked eggs, qurtered
Msg. and pepper to taste
1 onion , chopped fine
1 garlic, minced
1 egg, beaten

Remove skin of chicken. Slit the back from the neck to the anus. With a sharp rounded knife detach skin toward the breast. Marinate the skin with calamansi juice and soy sauce. Set aside Remove the meat from the bones. Boil the bones, liver and blood in 4 cups water and 1 tsp. salt for about 20 minutes. Remove and slice liver and blood. Set aside.

Chop chicken meat chorizo, frankfurters and pickles. Mix with 4 well beaten eggs, cheese and raisins. Rub skin with butter. Spread the chicken meat stuffing. Line slices of red and green peppers, liver , blood and and cooked eggs in alternate rows in center. Close and sew the skin. Wrap in cheese cloth. Secure tightly with a string. Set aside. Saute garlic and onions in s little fat in a dutch oven. Line the bottom of the dutch oven with the bones of the chicken, Lay the galantina on top. Pour in the chicken broth. Add ground pepper and bay leaf. Cover and simmer for about an hour or more until broth thickens to a thin sauce . Remove galantina and chill . Add msg. and correct seasonings of pan liquids. Prepare gravy by beating one egg very well and spoon hot pan liquids little by little into the well beaten egg. Slice galantina and serve with the gravy.

BREAST OF CHICKEN CORDON BLEU

Connie B. Carangal

2 chicken breasts, skinned and deboned
Salt and pepper to taste
2 slices cheese
2 thin slices butter
1/4 cup flour
2 eggs, beaten

1/4 cup bread crumbs
Fat for frying

Season chicken breasts with salt and pepper. Stuff with slices of cheese and butter and pat to close. Dredge in flour and dip in beaten eggs, then coat with bread crumbs. Fry in hot fat until golden brown. Serve with lemon butter sauce and any desired vegetable garnish. Makes two servings.

SQUAB IN NEST

Jo S. Eusebio

2 squabs
3 tbsp. soy sauce
1 tbsp. lemon/calamansi juice
1/4 tsp. msg.
2 cup cooking oil
Fried potato shoestring

In saucepan, marinate squabs in soy sauce, calamansi juice and msg. for 1 hour. Cook squabs in marinade for 10-15 minutes on low heat. Drain squabs from marinade. Deep-fat fry until golden brown.

Arrange fried potato shoestring into bird's nests on a platter or on individual bread baskets. Place fried squabs on top of potato nests. Add other decor if desired.

ROAST TURKEY WITH BREAD STUFFING

Nalda Ramos

Stuffing:
1 cup butter or margarine
3/4 cup onions, finely minced
1 1/2 cup shopped celery (stalk and leaves)
Gizzard, heart and liver, boiled in 4 to 5 cup water, chopped coarsely
1 tsp. pepper
1 tbsp. msg.
1 to 2 tsp. poultry seasoning
1 cup milk
1 cup raisins
12 cups dried or toasted pan de sal or loaf bread cubes
1 cup coarsely chopped apples
1 Turkey, 14-16 lb.
1/4 to 1/2 cup butter
1 tbsp. salt
1 to 2 tsp. poultry seasoning

Gravy:
1 onion, finely minced
2 tbsp. butter or margarine
1/2 cup toasted flour
1 cup grated cheese (optional)

To prepare stuffing, melt butter and saute onions and celery. Add chopped gizzard, heart and liver. Add seasonings and stir until well blended. Add milk raisins. Moisten bread cubes in enough turkey broth and add to the mixture. Add apples if preferred.

Rub entire turkey with butter, salt and poultry seasoning. Stuff breast and abdomen with the prepared stuffing. Place on a rack in the roaster pan, breast side up, tucking the neck under the back. Tie leg ends to the tail. Cover the opening in the abdomen with a piece of aluminum foil to prevent burning and drying up of stuffing. Cover the bird with aluminum foil or with the roaster pan cover. Bake at 400°F for 3 1/2 hours. Check after 2 1/2 hours. Release the legs. Prick thighs and sides with an ice pick to release liquids. Half an hour before it is done, remove the foil. Baste the body with pan drippings and continue baking until skin is brown and crips.

Spoon fat from pan drippings into a skillet. Heat and saute onions. Add toasted flour and some more pan drippings. Cook until thick. Put in a gravy boat. Serve turkey with this gravy.

To serve, spoon out stuffing and place in the center of a large platter. Arrange thin slices of turkey along sides.

Jellied cranberry and baked sweet potato with marshmallows go perfectly well with stuffed turkey. To prepare the latter:
1 kg. sweet potatoes, boiled and sliced 1 inch thick
2 cup marshmallows
1 cup brown sugar
1/2 cup butter
1 cup water

Arrange potato slices in a pyrex dish. Spread marshmallows on top. Sprinkle with sugar. Dot with butter and pour water. Bake at 350°F for 30 minutes.

CHICKEN IN COCONUT SHELLS

Flor Cutillar

1 med.-sized coconut, grated (save some for garnishing)
1/2 cup water
3 tbsp. butter or lard
1 med.-sized chicken, cut into serving pieces
1 onion finely chopped

- 2 green peppers, chopped
- 4 small firm tomatoes, quartered
- Salt and pepper to taste
- 2 cloves garlic, crushed
- 1 tbsp. flour, dispersed in a little water
- 4 coconuts, with tops sawed off, shell surfaces cleaned and smoothened and meat scraped off

Add water to coconut and extract milk. Set aside. Fry the chicken pieces until brown and set aside. In the same frying pan, saute onion, green peppers and the tomatoes. Season with salt, pepper and garlic. Cook for 5 minutes. Return the fried chicken pieces and add coconut milk. Cook for 40 minutes more. Thicken with flour. Half fill the empty coconut shells with the chicken mixture and top with additional shredded coconut. Replace the caps or tops and seal the edges with a thick paste of flour and a little water. Set the filled coconuts in a roasting pan with about an inch of water at the bottom. Bake for an hour at 350°F, basting the coconuts frequently with water to prevent scorching. For added attraction, serve the coconuts flambe, that is, in flames. Just as they are brought to the table, pour a spoonful of hot rum or brandy over each coconut and set each aflame.

CHICKEN CURRY

Flor Cutillar

- 1 med.-sized coconut, grated
- 1/2 cup water
- 1 clove garlic, minced
- 2 onions
- 1 to 2 tbsp. curry powder
- 4 tbsp. tomato sauce
- Salt to taste
- 1 chicken, cut into serving pieces
- 1 tsp. msg.

Add water to coconut and extract milk. Set aside. Add another cup of water to coconut and make a second extraction. Fry garlic and onion until brown. Add curry powder and cook 3 more minutes. Add thick coconut milk, tomato sauce and salt. Simmer for a few minutes, stirring frequently. Add the chicken and msg. and simmer until chiken is tender. Add thin coconut milk as necessary.

CHICKEN CINNAMON

Tenny M. Vega

1 kg. chicken, cut into serving pieces
2 tbsp. rice wine
2 tbsp. sugar
1 tbsp. oil or chicken fat
2-inch strip cinnamon bark*
2 tbsp. soy sauce
1 tsp. msg.
1/2 cup sliced green onions, cut into 1-inch lengths
*Sangke or star anis may be used instead of cinnamon bark.

Soak chicken in rice wine and sugar for at least 1 hour. Heat fat in pan and drop chicken, marinade, cinnamon bark, soy sauce and msg. Cover and simmer very gently until chicken is almost tender. Remove cover and continue cooking until almost dry. Drop green onion slices and cook a minute longer.

CHICKEN WITH OYSTER SAUCE

Tenny M. Vega

1 kg. chicken, cut into serving portions
3 tbsp. white wine
2 tbsp. sugar
2 tbsp. soy sauce
2 tbsp. oyster sauce
1 tsp. msg.
1 large onion cut into rings
1/2 cup water
2 tbsp. cornstarch
10 pc. canned water chestnuts, cut into two

Soak chicken pieces in wine and sugar for at least an hour. Place chicken and marinade in saucepan and simmer until chicken is almost tender. Add soy sauce, oyster sauce, msg. and water chestnuts. Cook for 2 minutes. Disperse cornstarch in water and stir into chicken mixture. Continue stirring until mixture boils. Add onion slices and cook a minute longer.

TANDOORI CHICKEN

Indian

Shad Khan

8-10 serving pieces of chicken
1 cup yogurt
1 tsp. ground ginger
1 tsp. ground garlic
1/2 tsp. turmeric
3 tbsp. calamansi juice
1/4 tsp. ground red pepper
1/4 tsp. salt

Mix all ingredients. Marinate chicken overnight or at least 6 hours. Barbecue on charcoal for 20 minutes.

WHITE CHICKEN

Amanda Lawas

1.5 kg. whole chicken
1/2 cup cider vinegar or 1 cup native vinegar
2 tbsp. salt
1/4 cup crushed garlic
1 cup native onions, peeled
1 tsp. peppercorns
1 cup white wine or lambanog
5 clove sticks
2 tbsp. pork fat or margarine if necessary

Rub chicken with salt. Pour vinegar over chicken and let stand about an hour, basting once in a while with the vinegar and salt mixture. Put chicken and marinade mixture in a deep skillet, and add garlic, onions, and peppercorns. Heat to boil, then add lambanog or white wine and clove sticks. Continue cooking over low fire, turning and basting the chicken occasionally. Cook until chicken is tender, adding more liquid if necessary to make a thin sauce. Add pork fat or margarine if chicken has no fat.

CHICKEN WITH CASUY

Lil Gatmaitan

4 spring chicken breasts, diced
1 egg white
1 tbsp. cornstarch
Salt to taste

1 tsp. sugar
1 tsp. msg.
1 tbsp. soy sauce
1/2 cup casuy nuts

Add egg white and cornstarch to diced chicken breasts. Season with salt, msg., soy sauce and sugar. Blend well. Set aside. Fry casuy nuts in cooking oil till brown and crisp. Set aside. Deep-fry chicken breasts. Drain. Dissolve 1 tbsp. cornstarch in 1/4 cup water. Return chicken breasts to fire in another pan, pour cornstarch mixture over and continue cooking until done. Top with crispy casuy nuts.

PORK

APRITADA NO. 1

Tenny M. Vega

1/2 kg. pork (with fat), cut into serving pieces
1/2 kg. chicken, cut into serving pieces
3 cloves garlic, crushed
2 small onions, quartered
4 med.-sized tomatoes, sliced
2-3 tbsp. soy sauce
1 tsp. salt
1/4 tsp. black pepper
2 med.-sized potatoes, peeled and cut into 1 1/2" cubes
1 sweet red pepper, sliced
1 sweet green pepper, sliced
1/2 tsp. msg.

Marinade pork and chicken in the next 5 ingredients for at least 1 hour. Simmer meat in marinade until almost tender. (Use of low heat will cook the meat in its own liquid). Add potatoes and cook until almost tender. Add the green and red pepper. msg., and let boil for 2 minutes. Serve hot.

APRITADA NO. 2

Nalda Ramos

1 tbsp. fat
1 tbsp. garlic, minced
1 med.-sized onion, quartered
1 big red pepper, sliced (about 1 cup when sliced)
1 kg. pork cut into desired size
3 tbsp. fish sauce (patis)
1 cup tomato sauce
2 to 3 cups water
1 tbsp. msg.
1/2 kg. potatoes, cubed and fried

Saute garlic in fat until brown; add onions and red pepper. Continue sauteeing until dry. Add pork and patis. Cook uncovered until dry and fat comes out. Add tomato sauce and water. Simmer until pork is tender. Add msg. and fried potatoes. Simmer 5 minutes more. Try this recipe with either chicken or mudfish (dalag).

PORK ADOBO

Nalda Ramos

1 kg. pork cut in 2-inch cubes
2/3 to 1 cup vinegar
1 tbsp. garlic, minced
1 med.-sized onion, quartered
1 tbsp. salt
1 tbsp. soy sauce
2 tsp. msg.
1 tsp. peppercorns
1 to 2 bay leaves

Marinate pork in the next 5 ingredients for an hour or more. Drain and reserve marinade. Cook uncovered in a skillet over medium heat until dry and fat comes out. Add marinade and enough water to cover 2/3 of pork. Simmer until pork is tender. Add msg., peppercorns and bay leaves Continue simmering until liquids thicken to a sauce and fat comes out. Try this recipe with chicken.

PECADILLO

Nalda Ramos

1 tbsp. fat
1 tsp. garlic, minced
1/4 cup onion, chopped
1/4 kg. pork, chopped coarsely
1 cup tomatoes, chopped
3 cups potatoes or sayote, diced
3 cups water or rice water
1 tbsp. msg.
Salt to taste

Saute garlic in fat until brown. Add onions and pork. Continue cooking until dry. Add the rest of the ingredients and simmer until pork and potatoes are tender. Try this recipe with beef and use cabbage or pechay for vegetables.

SATE BABE

Tenny M. Vega

1 kg. pork tenderloin, cut into 1" cubes
1 head garlic, crushed
1/2 tsp. black pepper
1/2 cup brown sugar
1 tsp. salt
1/4 cup soy sauce

Marinade pork in the next 5 ingredients for at least 3 hours. Place pork in skewers and broil over charcoal. Serve with Sate Sauce.

Sauce:
1/4 cup soy sauce
2 tbsp. water
1/2 cup peanut butter
1/4 cup calamansi juice
1 hot pepper, minced
1/4 cup sugar
1 tbsp. oil
3 cloves garlic, finely crushed
1 small onion, minced
1/2 tsp. ginger juice

Boil together the first 6 ingredients for about 3 minutes. Set aside. Brown garlic, onions in hot oil and add to thickened mixture. Boil 1 minute. Add ginger juice and boil a minute longer.

PORK TOCINO NO. 1

Anita Panggat

1 kg. pork, sliced 1/2 inch thick

Curing mixture:
3 tbsp. salt
6 tbsp. brown sugar
1 tsp. saltpeter (salitre)
2 tsp. msg.
1 tsp. peppercorns

Rub curing mixture on both sides of the pork pieces. Refrigerate in a covered plastic container for 4 days, turning pork once a day.

PORK TOCINO NO. 2

Lil E. Gatmaitan

1 kg. pork, picnic cut (kasim), thinly sliced

Curing mixture:
Juice of 6 pc. calamansi
1 tbsp. soy sauce
6 tbsp. brown sugar

1 tbsp. msg.
1 tbsp. saltpeter (salitre)
1/2 tsp. peppercorn
4 cloves garlic, minced
1/2 tsp. cloves
1/2 tsp. ground pepper
1 pc. bay leaf

Rub the pork slices with the curing mixture. Pile the slices in a bowl and cover. Keep at room temperature for 24 hours or in the refrigerator for 3 days to cure. Cook in a little water until its own fat is extracted. Fry until done.

PORK TOCINO NO. 3

Linda Juliano

1 kg. pork, sliced 1/3 inch thick
1 tsp. saltpeter (optional)
7 tbsp. salt
7 tbsp. sugar
6 cloves garlic, minced well
1 tsp. glacial acetic acid
1/2 tsop. ground pepper

Mix all ingredients except pork and let stand until a solution is formed. Marinate the pork in this solution at least overnight.

POT ROAST OF PORK

Jean Kauffman

1-2 kg. pork or beef
1 onion, in 1/4" slices
3-4 potatoes, whole or halved
2-3 carrots, whole or halved lengthwise
1 cup water and milk, in equal parts
2 tbsp. flour
Salt and pepper

Choose roast-leg or ribs with at least 1/2 inch of fat left on. You can leave skin on, but there will be a lot of fat that you will have to spoon off; however, the skin will get crispy.

You can use beef instead if it is fairly tender. Choose chuck or shoulder roast.

In a pan or skillet large enough so that the meat can fit in and be covered tightly, over medium heat, brown the meat slowly on all sides. Do not add any fat. This will take about 1/2 hour, but it is necessary for good flavor. Generously sprinkle with salt and pepper and lay onions on top of roast. Add about 1/4 to 1/2 cup water (enough so that the pan has about 1/2" water) and cover tightly. Bring to a boil over high heat, and then turn down heat immediately to a simmer. There whould be just enough water to steam meat slowly. Open the lid once in a while and add another 1/4 cup water as necessary. Cook slowly until very tender (meat will start to pull away from bone). During last half hour of cooking, add potatoes and carrots. Again add water as necessary and simmer until done.

To make gravy for the potatoes, remove all vegetables and meat from pan. If there is quite a lot of liquid, add one cup of well blended water and milk with flour and stir over low heat until all pan drippings are loose from the bottom. Then turn heat up and bring to a boil to thicken. If there is only fat and meat drippings in the pan, remove any excess fat, leaving only about 2 tbsp. in the pan. Add 2 tbsp. flour, stirring well until flour-fat is bubbly. Remove from heat and gradually blend in 1 cup water or water and milk until smooth. Put over heat again and cook slowly, stirring constantly until all pan drippings are loose. Then bring to a full boil. Add more milk or water to desired thickness of gravy. Add more salt and pepper as necessary. If you didn't add the vegetables, the roast will be dry and you will have the dry-pan-drippings. In that case serve the gravy with mashed potatoes. Otherwise, serve gravy with the browned potatoes that were cooked in the pot.

Slice roast across the grain. Put a bit of gravy on top. Other typical accompaniments to pork roast are cabbage slaw or applesauce.

MENUDO

Nalda Ramos

3/4 kg. pork, diced
1/4 kg. pork liver, diced
1/2 cup cider vinegar
3 tbsp soy sauce
1/4 cup brown sugar
1 tbsp. minced garlic
1 big onion, chopped
1/4 cup chopped pickles
3 tbsp. fat
1 cup water
1/2 cup tomato sauce

8 to 10 pc. olives, chopped
1 big red pepper, sliced
2 bay leaves
2 tsp. msg
Salt and pepper to taste
1/2 kg. potatoes, diced and fried
1 cup garbanzos cooked and peeled
1/2 cup raisins

Marinate pork and liver in the next 5 ingredients for one hour or more. Drain the meat and reserve the marinade. Fry meat in fat until dry. Remove the liver and set aside Add water and marinade to the meat and simmer until tender. Add the last 9 ingredients and the liver last. Correct seasonings. Simmer for about 10 minutes more.

SPARERIBS

Mr. Dan Torio

1 1/2 kg. pork spareribs
1 1/2 cup brown sugar
1 lemon, sliced
1 orange, sliced
3 4 tbsp. white sugar
1 bottle catsup
1 bottle chili sauce
1 can (303) pineapple juice

Brown spare ribs in 350° oven about 1 hour. Take out and cover ribs with brown sugar return to oven until sugar carmelizes. Then sprinkle ribs with white sugar, lemons, oranges, catsup, chili sauce and pineapple juice. (Wash out both bottles with the juice). Return to the oven for 1 more hour.

SCARLET RIBS A LA ANITA

Anita Panggat

1 kg. spareribs

Marinade mixture:
1 clove garlic, crushed
1/4 cup brown sugar
2 tbsp. Worcestershire sauce
4 tbsp. soy sauce

Salt to taste
Catsup
1 onion, sliced
10 olives
A platter of cooked rice

Marinate spareribs for several hours. Broil. Prop up ribs against a mound of cooked rice. To decorate, drizzle top with swirls of catsup and top with onion slices and olives.

LIEMPO ESTOFADO

Manuela Villegas

1 kg. side pork belly (liempo), cut 1" x 3"
1 tbsp. salt
2 tbsp. soy sauce
1 cup cider vinegar
1/2 cup brown sugar
2 tbsp. fat or margarine
1 big head garlic, crushed
1 big onion, quartered
1 bay leaf
1 tsp. peppercorn
10 saba bananas, fried whole
10 small pan de sal, fried whole until crisp and brown
1 bottle San Miguel beer
Enough water to cook meat until tender

Marinate liempo in salt, soy sauce, vinegar, and sugar for an hour or more. In a carajay, brown liempo in fat or margarine and add garlic and onions. Saute until almost dry. Add the marinade, bay leaf and pepper corn and bring to a boil. In an earthen pot arrange a few banana midribs to serve as rack at the bottom. Arrange meat in layers. Arrange bananas and pan del sal on top. Pour beer. Cook over low heat for an hour or until meat is tender. Add hot water when necessary to prevent drying-up of dish. Liquid should thicken to a sauce.

DINALDALEM

(Pork — Ilocano style)

Andrea Aglibut

3 cups ground lean meat
2 cups sliced lean meat, liver, kidney, heart

4 cloves garlic, crushed
1/4 tsp. black ground pepper
1/4 cup vinegar
2 tbsp. soy sauce
5 tbsp. oil
1/3 cup diced onions
1 tsp. salt
1 tsp. msg.

Mix all the kinds of meat, 1/2 of the garlic, pepper, salt, soy sauce and vinegar in a bowl. Let the mixture stand for 20 minutes. Place oil in a suacepan. Saute the remaining garlic and onions, add the marinated meat mixture and stir constantly until mixture simmers. Add one cup water and msg. Cook over slow fire, stirring occasionally until the meat is done. Serve dish hot.

STUFFED SWEET PEPPER

Andrea Aglibut

1 tbsp. fat
4 cloves garlic, minced
1/4 cup chopped onions
4 med.-sized tomatoes, chopped
1 1/2 cup ground pork
Salt and pepper to taste
1/2 cup diced cooked potatoes
1/4 cup raisins
Msg.
10 med.-sized sweet peppers, roasted and peeled, and the seeds removed
2 eggs, beaten
4 eggs, well beaten
Cooking oil

Saute garlic in fat. Add onions, tomatoes, meat, salt and pepper and continue sauteeing until meat is almost done. Add the potatoes, raisins and msg. When meat is cooked, remove from fire and add two well-beaten eggs. Stuff the peppers with the mixture, dip in well-beaten eggs, and fry in deep fat. Serve hot.

KULA-O

Manuela Villegas

- 1/2 pig's heat (about 2 kg.)
- 1 pig's brain (about 1 cup)
- 1 cup cider vinegar
- 1 big head garlic, crushed
- 10 native onions, whole
- 1 tbsp. salt
- 2 tbsp. sugar
- 2 tbsp. soy sauce
- 1 tsp. pepper
- 2 tsp. msg.

Over low heat, cook pig's head in enough water to cover until very tender and soft. Remove from fire and slice very thin about 1" square. In same broth cook pig's brain. Remove brain from broth, mash and set aside. In a skillet, mix the rest of the ingredients and bring to a boil. Combine with pork, brain and let stand covered for 1 day at room temperature. Serve the next day.

ROLLED PORK

Luzviminda C. Santos

- 1 kg. side pork belly (liempo) whole
- 2 tbsp. minced garlic
- 1 tbsp. salt
- 2 tbsp. honey
- 2 tbsp. sesame oil
- 2 cup water
- 2 tbsp. sugar
- 2 tbsp. soy sauce
- 2 pc. estrella (sanke)
- 1 tsp. msg.
- 1 tbsp. cornstarch
- 1/2 kg. potatoes, cubed and fried
- 1/4 kg. green beans, boiled

Rub pork with garlic and salt. Roll as in jelly roll and tie securely with a string. Let stand for an hour. Rub with honey and fry to brown in sesame oil. Simmer for one hour in water, over low fire with sugar, soy sauce, and estrella. Remove meat roll. Thicken drippings with cornstarch. Add msg. Slice meat roll and arrange in platter. Pour drippings and garnish with potatoes and green beans.

PORK TONGUE IN GINGER SAUCE

Anita Panggat

1 kg. pork tongue
1 tsp. salt
1 med.-sized onion, chopped
1 tsp. crushed peppercorns
4 bay leaves
1/4 cup vinegar
1/3 cup brown sugar
1 tsp. ground ginger
1/3 cup raisins
1 tbsp. flour or cornstarch to thicken

Place tongue in a kettle and add enough water to cover. Add the next 4 ingredients. Cover and simmer until tongue is very tender. Remove from kettle, slice and arrange on a platter. Add the last 4 ingredients to the tongue stock. Cook and thicken with flour, stirring well until smooth. Pour over the tongue slices.

PINANIQUE OR BOPIZ

Anita Panggat

3 med. coconuts, grated
2 cups water
1 kg. pork lung, boiled for 10 minutes, coarsely chopped
1 clove garlic, crushed
1 medium onion, sliced
6 tomatoes, quartered
1 tsp. ground pepper
1/2 cup vinegar
1 large red sweet pepper, cut into strips
Salt and msg. to taste

Extract pure coconut milk. Set aside. Add the water to the coconut pulp and make a second extraction. Set aside. Saute garlic, onions and tomatoes. Add chopped lungs, ground pepper and vinegar and simmer for 10 minutes. Add the diluted coconut milk and continue cooking until the pork lung is tender, stirring once in a while. Add the pure coconut milk and strips of red pepper and simmer for 10 minutes. Season with salt and msg. to taste. Serve hot.

LECHON IN THE OVEN

Nalda Ramos

2 kg. pork, whole (tender young pork with thin skin)
1 tbsp. salt

Sauce:
1 tbsp. pork fat
1 tbsp. minced garlic
1 tbsp. chopped onions
1/4 kg. pork liver, sliced
2 cup water
1/4 cup tomato sauce
1 cup vinegar
1 tbsp. salt
1 tsp. msg.
1 tsp. pepper
3 tbsp. flour or bread crumbs
1/2 cup sugar
Pan drippings

Rub pork with salt. Put in a baking pan skin side up and bake at 350°F for about 1 1/2 to 2 hours, basting the skin every 30 minutes, first with water and then with the pork own pan drippings. The skin should be golden brown and crisp.

Fry garlic until brown. Add onions and liver. Cook until dry. Remove from fire and cool. Pound in a mortar. Add water and strain the liquid. Put back the extracted liquid in the skillet. Add tomato sauce, vinegar and seasonings. Let boil, and then add bread crumbs, sugar and pan drippings.

PORK BATSOY NO. 1

Nalda Ramos

1 kg. pork batsoy (tenderloin, kidney, liver, heart, and leaf fat)
1 big head garlic, minced
1 tbsp. chopped ginger
1 big onion, cut fine
1/4 cup patis (fish sauce)
3 cup water
1/2 cup pig's blood (optional)
1 tbp. msg.
1/2 cup misua
1 cup pepper leaves
Salt to taste

Dice the pork and separate the fat. Brown fat in skillet and saute the garlic, ginger and onions. Add rest of the pork. Season with patis. Cook covered until meat is tender, dry and fat comes out. Add water and blood stirring very well to avoid curdling of blood. Continue cooking until liquid boils. Add msg., misua and pepper leaves. Add more salt to taste. Simmer one minute more. Serve hot.

BATSOY NO. 2

Flor Romero

2 tbsp. fat
1 tsp. garlic, minced
2 tbsp. onion, sliced
1/2 tsp. ginger, cut into fine strips
1/2 cup sliced pork
1/2 cup sliced pork liver
1/4 cup sliced pork heart
1/4 cup pork kidney, boiled and sliced
2 tsp. patis
1 tsp. salt
A dash of pepper
1/2 cup sweet red and green pepper cut into strips
1 bundle misua, broken into 1-inch lengths
4 cups meat stock
Green onions, finely sliced

Saute garlic, onion, and ginger. Add pork, liver, heart, and kidney. Cover and cook 5 minutes over moderate heat. Add meat stock and bring to a boil. Season with patis, salt and pepper. Add sweet red and green pepper and cook 2 minutes. Add misua and cook 3 minutes. Serve hot with green onions. 6 servings.

EMBUTIDO

Tessie Banzon

1 kg. lean pork, ground
2 cup cooked ham
1 can Vienna sausage
1 clove garlic, minced
1 med.-sized onion, chopped
1/2 cup pickle relish
4 slices bread soaked in 1/2 cup milk
3 eggs

1 cup grated cheese
Salt and pepper to taste
2 hardcooked eggs, sliced
1 chorizo bilbao, sliced
1 cup raisins
1 big piece leaf fat
2 tbsp. toasted flour

Mix pork, ham, sausage, garlic and onion. To the ground mixture, add pickle relish, bread, eggs, cheese, salt and pepper. Mix very well. Lay the leaf fat on wooden board. Spread mixture to 1/2 inch thick. Arrange slices of eggs, bilbao, and raisins on top of mixture. Roll to a diameter of about 3 inches. Wrap in aluminum foil. Bake one hour. Remove aluminum foil and brown embutido for 20 minutes. To the drippings, add toasted flour to thicken for gravy.

SWEET SOUR PORK NO. 1

(Cantonese style)

Tessie Banzon

1/2 kg. pork tenderloin or boneless pork chops
1 tsp. white wine
1 egg, well beaten
1 tbsp. cornstarch
Oil for deep-fat frying
1 big sweet red pepper, cut into 1/2" squares
1 big sweet green pepper, cut into 1/2" squares
1 big onion sliced
3 slices ginger
1/4 cup brown sugar
3 tbsp. catsup
1 tbsp. cornstarch
1/2 cup water
1 tbsp. soy sauce
1/4 cup pineapple chunks

Clean pork and wipe dry. Cut into 1 inch cubes. Mix with wine, egg and cornstarch. Deep fry and set aside. Remove oil from pan, leaving 2 tbsp. to fry peppers, onions, and ginger. Set aside. In same pan, mix vinegar, salt, sugar, catsup, cornstarch, water and soy sauce. Let boil until thick. Combine pork, peppers, onions and pineapple chuncks. Mix quickly with sauce and remove from fire.

SWEET SOUR SAUCE

Reynalda Ramos

1 tbsp. fat or margarine
1 tsp. minced garlic
1/4 cup onions, chopped or sliced
1/4 cup red sweet pepper
1 tbsp. celery, chopped
1/2 cup cider vinegar
1 cup water
1 tbsp. cornstarch
1/2 cup brown sugar
1 tsp. salt, heaping
1 tsp. msg.
1/4 cup tomato sauce or catsup
Dash of pepper

Saute garlic, onions, red pepper and celery in fat. Add rest of ingredients and let boil until thick. Good for fried breaded shrimps, chicken, pork, beef and fried lumpia.

SWEET SOUR PORK NO. 2

(Cantonese Style)

Sophie Ling

1/2 kg. pork
1 tbsp. soy sauce
1 tsp. cornstarch
1 tsp. wine
1/2 tsp. salt
1/4 tsp. red food coloring
2 tsp. oil
6 pc. water chestnuts
2 pc. green pepper
Green onions
1/2 tbsp. garlic, chopped

Sweet sour sauce:
1 tbsp. soy sauce
3 tbsp. sugar
3 tbsp. vinegar
3 tbsp. water
1/2 tsp. cornstarch
1/2 tsp. salt
1 tsp. sesame oil
6 cups peanut oil

Cut pork into 1" x 2" x 1/4" slices, along the grain. Score each slice horizontally and vertically. Marinate in soy sauce, cornstarch, wine and and salt. Add food coloring after 10 minutes. Slice water chestnut, green pepper and green onions.

Roll pork and deep fat fry about 1/2 minute or until done.

Heat 2 tbsp. oil to saute garlic, green onions, water chestnuts and green pepper. Stir in the sweet sour sauce until thoroughly cooked. Add pork to the sauce. Serve immediately.

HUMBA NO. 1
(Leyte Style)

Paz E. Lacuna

1 kg. side pork belly (liempo) or picnic cut (kasim), cut
    into 3-inch squares, boiled in water with a little salt,
    just to soften the skin (about 5 to 7 minutes)
2 halves panocha, boiled and dissolved in water
1/2 cup vinegar
6 cloves garlic, crushed
1 or 2 bay leaves
Pepper
Soy sauce to taste (no salt)
Peanuts, as desired, toasted or raw

Cool boiled pork. Cut 1-inch slits into skin without cutting through meat. Place pork pieces in a skillet or pot. Strain panocha into meat. Add vinegar, garlic, bay leaves, pepper, soy sauce and enough water to cook meat. Add peanuts as desired. Allow meat to simmer over slow fire until meat is tender and the fat has come out.

This dish is best eaten after it is a day old.

HUMBA NO. 2

Alejandria Casin

1 kg. pork ham (pigue)
2 cups water
1/2 cup cider vinegar
1 salted bean cake (tahore)
2 cloves garlic, minced
3 clove sticks
1 bay leaf
1 spring oregano
2 tbsp. soy sauce

2 tbsp. sugar
1 tbsp. salted black beans (tausi)
Green leafy vegetable for garnishing

Clean pork well. Simmer in water until skin becomes firm. Remove from broth. Cut square skin-deep gushes or slits. Mash tahore in the vinegar and add to the meat with the rest of the ingredients. Continue cooking over low heat until pork becomes tender. To serve, put in a platter and pour sauce or drippings over the pork. Garnish with desired green vegetables.

KILO

Alejandria Casin

1 kg. pork or lean beef, ground
6-8 calamansi
Salt and pepper to taste
1 tbsp. fat
1/2 cup chopped native onions
1 clove garlic, minced
2 tsp. msg.
1/2 cup chopped sweet red pepper

Marinate meat in calamansi juice, salt and pepper for 1 to 2 hours. Saute garlic and onions in fat. Add meat and cook until dry. Add msg. and sweet red pepper and continue cooking for 2 minutes more. Serve hot.

PORK STEAK

Linda Juliano

1 kg. pork, sliced into 6 pieces
2 tbsp. calamansi juice
3 tbsp. soy sauce
1 cup beer
Salt and pepper to taste
2 tbsp. oil
1 tbsp. msg.
1 big onion, sliced

Marinate pork in calamansi juice, soy sauce, beer, salt and pepper for 2 hours. Cook over low heat until meat is tender and dry. Add oil to pan; fry meat. Remove meat and arrange in a platter. Pan fry onions in same oil. Arrange onions on top of meat. Add 2 tbsp. water to clean pan drippings, simmer and pour on steaks.

SWEET HAM WITH CHEESE DUMPLINGS

Nalda Ramos

Sweet ham:

2 1/2 cup brown sugar
1/2 cup salt
1/2 cup gin anisado
1 tsp. saltpeter
1 kg. pork ham (pigue)
1 cup pineapple juice
6 pc. clove sticks

Dissolve brown sugar and salt in gin anisado. Rub pork thoroughly with saltpeter and soak in the solution. Refrigerate 4 to 5 days turning and pricking with an ice pick everyday. When the meat is cured, remove from curing solution. Without washing the meat, cook in pineapple juice with the clove sticks over low fire until tender. (Solution could be reused for marinating 2 or more kilos of sliced pork or beef for frying when kept in the refrigerator)

Cheese dumplings:
2 cup flour
1 tsp. salt
1 egg
1/2 cup milk

Cheese filling:
1 1/2 cup cottage cheese
1 egg, slightly beaten
1 tbsp. flour
Salt and pepper to taste

For the dumplings, make a smooth dough, turn into floured board and roll out thinly. Using a standard size of drinking glass, cut out 3-inch diameter rounds. Combine ingredients for cheese filling and blend thoroughly. Put one heaping teaspoon of filling on the dough rounds. Fold the dough to a half moon and seal ends by pinching sides and folding. Drop dumplings one at a time into a pot of boiling water. When cooked, the dumplings will rise to the top. Remove dumplings from water, allow to dry and fry in a little margarine until slightly brown.

Sauce:
1 cup sour milk (sour cream)
1 cup corn syrup

Slice ham and fry in a little margarine. In the same margarine with the ham drippings, pour in sour cream. Stir quickly and blend over low heat for one or two minutes. Arrange dumplings alongside with ham in a platter. Serve with sour cream sauce and corn syrup in separate dishes.

PORK KILAWIN

Juana P. Gapud

- 1/2 pig's head
- 3 cloves garlic, diced
- Dash of black pepper
- 1/2 cup cider vinegar
- 1/2 cup soy sauce

Clean and boil the pig's head in 5 cups water with enough salt until tender. Remove meat from the bones and slice 1/2-inch square. Serve with a sauce of vinegar, soy sauce, black pepper.

Pork kilawin is usually served with pancit luglug.

BEANS WITH PATA

Helen L. Valmayor

- 2 cups white beans, soaked overnight
- 1 med.-sized pig's feet or leg (pata), cut into serving pieces
- Ham strips or hocks
- Olive oil
- 6 cloves garlic, crushed
- 1 med.-sized onion, sliced
- 2 small cans tomato sauce
- Bay leaf
- 2 pc. chorizó de bilbao, sliced
- Salt and msg. to taste

Simmer beans with pata and ham strips until tender. Saute in olive oil, garlic, onions, tomato sauce, bay leaf, beans, pata and sliced chorizos. Season with salt and msg.

TARO HORUS

(Gabi croquettes)

Nancy Chang

- 2 pc. taro (about 1/4 kg.), boiled
- 2 tsp. salt
- 4 tbsp. butter
- 4 tbsp. cornstarch or flour
- 1/2 cup boiled water
- 1 tbsp fat
- 1/4 kg. shrimps, shredded & chopped
- 1/4 kg. pork, chopped
- 4 pc. dried mushrooms, chopped

2 pc. hardcooked eggs, chopped
1/2 tsp. soy sauce
1/2 tsp. salt
1 tbsp. sesame oil
1/2 tbsp. cooking wine

Mash the boiled gabi until very fine and smooth. Add the next four ingredients and mix thoroughly to make a dough.

Fry shrimps, pork and mushroom in fat. Add eggs. Season with the last 4 ingredients. Mix thoroughly. Press lightly 2 tbsps. taro dough on floured board. Fill with 2 tbsps. shrimp-meat mixture and fold into an egg-shaped horn. Make as many horns with the rest of the dough and filling. Deep-fry until light brown.

STUFFED CUCUMBER

Nancy Chang

1/4 kg. lean pork, ground
3 tsp. salt
1/2 tsp. soy sauce
1 tbsp. cornstarch
2 tbsp. chopped green onions
2 tbsp. oil
4 large cucumbers
1 cup chicken soup

Mix the first 5 ingredients thoroughly. Peel cucumbers, cut crosswise into 1 1/2-inch pieces. Scoop out the cores and fill with pork mixture. Pan fry the stuffed pieces in oil for 1 minute. Arrange them in a pyrex dish, pour chicken soup over them and bake at 300°F for 1 hour.

DINUGUAN NO. 1

Flor Romero

3 cups entrails (including heart, liver, kidney, and pork belly)
1 1/2-2 cups pig's blood with 1 tsp. salt
1/2 cup native vinegar (reduce amount when using malt vinegar)
4 cups water
1 onion, quartered
3 cloves garlic, crushed
2-3 red or green chili
Oil or lard for frying

Dash pepper
2 tbsp. patis or salt
1 tsp. msg.
Oregano leaf or powder

Fry in lard garlic and onions; add 2 tbsp. patis, dash pepper and msg. Add the entrails and cook over low fire. Pour into a saucepan and add 1/2 cup water and the vinegar. Do not stir until liquid has boiled well. Add the remaining water; simmer until meat is tender.

Strain pig's blood to separate clots. Add slowly to the meat mixture, and stir until fully boiled and blood is cooked. Add oregano. Add whole hot chilies before removing from fire. Add salt and pepper, to taste. Serve hot.

DINUGUAN NO. 2

Nalda Ramos

1 tbsp. pork fat
1 big garlic, minced
1 big onion, chopped
1/2 cup tomatoes, chopped
1/2 kg. pork from 1 to 1 1/2 kg. pig's head or pork belly
1/4 kg. small intestines
  pig's brain (optional)
1/4 kg. liver, diced
1-1 1/2 cups cider vinegar
3 cups pork broth
4-5 green hot peppers
2 cups coagulated or solid pig's blood, chopped
1 tbsp. msg.
Salt to taste

Clean pig's head and small intestines. Remove brain and set aside. Rub meat very well with 1/2 cup salt and let stand for about 30 minutes. Wash and drain. Simmer meat in a kettle with salt and enough water to cover. Cook until tender. Dice the meat and reserve the broth.

Toss the fatty meat in a skillet until fat comes out. Saute garlic, onions, and tomatoes in it until dry. Add liver, brain and pork. Continue sauteeing until dry. Add vinegar, pork broth and peppers. Simmer for 20 minutes. Turn heat to high until broth comes to a rolling boil. Add blood, stirring vigorously. Add msg., sugar and salt.

A variation:

Use the same ingredients and procedure for 1 kg. beef but use juice of 5 to 6 tamarinds (boiled in water and strained) instead of vinegar. Increase chopped tomatoes to 1 cup and omit the sugar. Use boneless punta y pecho.

PORK OR BEEF SATHE

Olga Ponnamperuma

1 kg. pork or beef, tender cut, cut into 1-inch squares
1 tbsp. coriander seeds, 1 tsp. cummin seeds, slightly toasted and pounded together
1 tsp. caraway seeds, pounded
1 tbsp. sliced onions (sibuyas Tagalog), pounded
4 cloves garlic, pounded
3 slices green ginger, pounded
4-inch piece rampa (sweet-scented pandan leaf), pounded
3-inch piece sara (lemon grass), pounded
1 small sprig curry leaf or bay leaf, pounded
2-inch piece cinnamon stick, pounded
6 cardamon seeds, pounded
1 tbsp. or less chili powder
1 1/2 oz. ripe tamarind squeezed in salt water (for beef)
1/2 cup tomato sauce or catsup (for pork)
Salt to taste

Mix all pounded ingredients together and add tamarind (for beef) or tomato sauce (for pork). Rub the meat pieces well with the marinade mixture. Let stand for 1 hour. Fix meat pieces on skewers and broil, turning the skewers frequently. Boil the marinade for a few minutes and either pour it over the broiled meat or serve separately.

PORK BADUM

Ceylonese

Olga Ponnamperuma

1 kg. pork, cut into 2-inch squares
4 cloves garlic, chopped
1 tbsp. sliced onions (sibuyas Tagalog)
2 slices green ginger, chopped
2-inch piece rampa (sweet-scented pandan leaf)
2-inch piece sara (lemon grass)
1 small sprig curry leaf or bay leaf
2-inch piece cinnamon stick
2 tbsp. vinegar

1 tbsp. curry powder
1 tbsp. or less chili powder
1 1/2 cups water
Salt to taste

Combine all ingredients in a saucepan and cook until tender and liquids thicken to a sauce. Remove the sauce and allow pork to fry into a nice brown in its own fat. Pour back the sauce and stir a couple of minutes before serving.

SALADS AND PICKLES

ATSARA NO. 1

Nalda Ramos

- 4 cups shredded green papaya, well packed
- 1/2 cup salt
- 1 med.-sized pepper, slivered
- 1 med.-sized green pepper, slivered
- 10 pc. native onions, whole
- 2-in. long ginger, cut in strips
- 1 head garlic, halved or whole
- 1 cup cider vinegar
- 1 cup sugar
- Salt to taste

Combine papaya and salt. Squeeze dry. Dry under the sun for a few minutes. Mix the rest of the vegetables with the papaya. Combine cider vinegar, sugar and salt and bring to a boil. Remove from heat and pour quickly on vegetable mixture. Let stand for one day before serving.

ATSARA NO. 2

Linda Juliano

- 1 tbsp. glacial acetic acid
- 1 cup sugar
- 1 cup water
- 2 cups shredded green papaya
- 1/4 cup salt
- 1 small carrot, cut as desired
- 1 med.-sized turnip (singkamas) cut as desired
- 1 sweet red pepper, cut in strips
- 1 small piece ginger, cut in strips
- 1 small purple onion

Mix acetic acid, sugar and water. Let boil and cool. Combine papaya and salt and sqeeze out liquid. Dry the papaya under the sun for about an hour. Combine papaya with the rest of the vegetables. Add cooled solution to the mixed ingredients.

SWEET CHUTNEY

D. Pathak **Indian**

2 green mangoes
1 bunch of green coriander leaves or green mint leaves
2 green chillies
2 tbsp. sugar
1 tsp. each roasted ground fenugreek*, cummin, red chilli
Salt to taste

Grind all together. Pack in clean jars and keep refrigerated.

*Has the same odor as celery but a bitterer flavor.

MANGO PICKLE

D. Pathak **Indian**

2 green mangoes, washed, dried and cut into small pieces
2 tbsp. oil
1 pinch asafoetida powder
1/2 tsp. turmeric powder
1/2 tsp. fenugreek seed (roasted and powdered)
1 tsp. chilli powder
2 tsp. salt
4 tsp. mustard seed
2 tbsp. vinegar

Heat the oil, add asafoetida and turmeric, and then remove from heat and cool. Mix all ingredients and put in bottle or jar with cover. Let stand untouched for one week under the sun. (Mango pickle should never be touched with watery hands, spoon or fork, for it will spoil.)

AMPALAYA SALAD

Cora Barba

2 med.-sized ampalaya, thinly sliced
1 tbsp. salt
5-6 pc. tinapang tunsoy, flaked
2 med.-sized tomatoes, sliced crosswise
2 med.-sized onions, sliced in rings
1/4 cup native vinegar
1 tsp. salt (optional)
Dash of pepper

Add salt to ampalaya and work in until vegetable juice comes out. Squeeze ampalaya and discard liquid. Combine the rest of the ingredients with the ampalaya. Serve with fried meat or fish.

Boiled and sliced winged beans (sigadilyas) may be substituted for the ampalaya.

NANGKA VEGETABLE SALAD

(The old reliable Visayan favorite)

Nora Flores

1 small green jackfruit (nangka or langka), 1 to 1 1/2 kg.
1 coconut, grated
1/4 cup water
1/4 cup vinegar
Salt to taste
1 thumb-sized fresh ginger, chopped
1 med.-sized onion, chopped
4 med.-sized tomatoes, chopped

Add water to coconut and extract milk. Set aside. Cut the langka into 8 pieces and boil in enough water to cover until the pulp is soft. Remove the thick skin and shred the pulp. Squeeze out the excess water by pressing between both palms. Separate the squeezed pulp with a fork and add salt to taste. Toss in the ginger, onions, and tomatoes. Then add the vinegar and the coconut milk, mixing well after each addition. Drain the excess dressing or liquid. Serve unchilled to avoid hardening of coconut milk fat.

Boiled banana blossom or broiled eggplant may be substituted for nangka.

Banana blossom: Remove the first 2 or 3 outer bracts or layers of the banana blossom before it is boiled. Use a little oil in removing latex from banana (and nangka, too) sticking to the knife and hands.

Eggplant: Chop broiled eggplant before combining with other ingredients.

MOSAIC SANDWICH

Jophine C. Lazaro

1 big loaf of bread
1/4 kg. potatoes, boiled and cubed
1/4 kg. carrots, boiled and cubed
1/4 kg. ham or sausage, cubed
1 1/2 lb. butter, softened

1 cup mayonnaise
1 Kraft cheese, grated
Pepper to taste

Cut the loaf on both ends and remove the doughy center. Shred the doughy center and set aside. Mix the potatoes, carrots, ham, butter, grated cheese, mayonnaise, pepper and bread. Stuff the mixture into the empty loaf of bread, pack well and put back the two ends. Then refrigerate. Slice the loaf and serve.

CHICKEN POTATO SALAD

Lil E. Gatmaitan

1 kg. potatoes, boiled and diced
1/2 to 1 cup cooked and diced chicken
1/4 cup diced celery
3 sweet pickles, chopped
1 tsp. sugar
1 tsp. salt
1/2 tsp. pepper
Mayonnaise
3 hardcooked eggs, quartered

Combine potatoes with other ingredients and moisten with mayonnaise. Trim with egg slices.

FRANKFURTER-POTATO SALAD

(A budget special)

Flor Romero

1/4 cup chilli sauce
1 tbsp. prepared mustard
2/3 cup mayonnaise or salad dressing
8 frankfurters, thinly sliced
3 cups cooked diced potatoes
1/2 cup minced onion
1/4 cup minced sweet green pepper
1/2 cup diced cucumber
Salt and pepper
Leaf lettuce

Combine the chilli sauce, mustard and mayonnaise or salad dressing in a large skillet or saucepan. Add the frankfurters, potatoes, onion, green pepper and cucumber. Season to taste and toss together until well blended. Place over very low heat for 10 to 15 minutes or until thoroughly heated. Place in a mound on a plate and surround with lettuce leaves. Six servings.

Frankfurter-potato salad can be served hot or cold.

AMBROSIA SALAD

Nalda Ramos

2 cups pineapple tidbits or fruit cocktail
2 cups mandarin oranges
2 cups dessicated coconut
2 cups miniature marshmallows
2 cups sweetened whipped cream

Toss all together lightly and chill.

JELLIED TROPICAL AMBROSIA

Lil E. Gatmaitan

1 1/2, cups water
1 1/2 cups pineapple juice
1 bar white gulaman, cut fine
2 pkg. powdered gelatin, any desired flavor
1 cup sugar
1 can fruit cocktail
1 cup shredded buko

Boil together water and pineapple juice. Add the gulaman and continue boiling until it dissolves. Remove from heat and add the gelatin and sugar. Mix and strain well. Place fruit cocktail and buko in a mold and pour in the gelatin mixture. Cool or chill and serve with desired garnishings.

LIME JELLO SALAD

Martha Brady

2 pkg. lime jello
1/2 cup nuts and cherries
3/4 cup pineapple tidbits
1/2 cup grated carrots and cabbage
A little salad dressing
A pinch of salt

Dissolve 2 packets of lime jello as directed on package. When the jello slightly thickens, put a small amount in a jello mold. Arrange nuts and cherries on top, add a little more jello and add 3/4 cup pineapple tidbits. Then put more jello and add grated carrots and cabbage that have been moistened with a little salad dressing and a pinch of salt. Add remaining jello.

SUMMERTIME FRESH BUKO

Connie Carangal

3 cups apple, diced and spirnkled with
1 tbsp. calamansi juice
3 cups melon balls
1 cup casuy nuts, coarsely chopped
1/2 tsp. salt
Dash of pepper
Lettuce

Mix all ingredients except lettuce. Chill. Place on bed of lettuce before serving.

FROZEN FRUIT SALAD

Nalda Ramos

1 lb. marshmallows
2 tbsp. fruit juice
2 cup ginger ale or lem-o-lime
1 cup mayonnaise
1 1/2 cup drained crushed pineapple
2 cups chopped peaches or fruit cocktail
1/2 cup maraschino cherries
1 cup whipped cream

Combine marshmallows and fruit juice. Heat slowly over low fire, stirring until marshmallows are melted. Add ginger ale, mayonnaise and fruits. Fold in whipped cream. Transfer to a deeper dish and freeze. Unmold and slice.

ICING-CAPPED FRUIT SALAD

Ada Cendana

Slices or cubes or scoops or segments of fruits in season like watermelons, cantaloupes, eating bananas, papayas, chicos, mangoes, pineapples, apples, grapes, pomelos, oranges.

Dressing:
1 cup sugar
2/3 cup corn syrup
1/2 cup hot water
2 egg whites
Dash of salt
1/4 tsp. vanilla
1/2 cup mayonnaise
1 tbsp. grated lemon rind

Combine sugar, corn syrup and hot water. Heat slowly, stirring until sugar dissolves. Then boil without stirring until mixture becomes thread-like when lifted or forms into a ball when dropped in water. In the meantime, beat the egg whites with salt. When egg whites are stiff, gradually add the hot syrup, beating until thick and fluffy. Add vanilla and fold in mayonnaise and lemon rind. Spread on top of fruits.

TOSSED VEGETABLE SALAD

Flor Romero

2 raw carrots, peeled and cubed or cut in strips
1 cucumber, unpeeled, scored and sliced
1/2 head Baguio petsay or Baguio lettuce, torn into bite-size pieces
2 cup cooked green beans (Baguio beans), cut into 1/2" lengths
2 stalks celery, finely sliced
1 large green pepper, sliced in rings
1 large red pepper, sliced in rings
2 med.-sized tomatoes, sliced in rings

Clean vegetables well and cut to size. Put in a plastic bag the petsay, lettuce, green beans, cucumber and celery. In another bag, place the carrots, green and red pepper (separate some pepper for garnishing). Chill in freezer for 10 minutes or chill under ice cubes in a big container until crispy.

Mix first dressing and chill. Blend together second dressing and chill.

When vegetables are crisp, toss the petsay, lettuce, cucumber, celery, cooked green beans and blend well with vinegar mixture. Add the carrots and green pepper. Arrange the onion, red and green pepper and tomato rings on top. Serve with second dressing in a bowl or in the center.

Dressing:	*2nd dressing:*
1/2 cup vinegar	1/2 cup mayonnaise

2 tsp. fine salt
2 tbsp. sugar
Pepper
2 tbsp. catsup
2 drops hot sauce
Sugar and salt to taste

THOUSAND ISLAND SALAD

Flor Romero

3 tbsp. vinegar
2 tbsp. salad oil
2 tbsp. catsup
1/2 cup mayonnaise
3 tbsp. refined sugar
Salt to taste
3/4 cup grated cabbage or shredded turnip (singkamas)
1/2 cup grated carrots

Combine salad oil, vinegar, catsup, salt and refined sugar. Add the mayonnaise, and blend thoroughly. Spread mixture over cabbage and carrots. Decorate with crisp salad green. Serve with burger steak.

SUMMER FRUIT COCKTAIL

Flor Romero

1 red watermelon, seeded and cubed
2 cantaloupes, scooped out in balls
6 ripe mangoes, diced
1 pineapple, diced
3 avocadoes, cubed
2 cups orange juice (bottled)
1/2 cup calamansi juice
2 tbsp. sugar or to taste

Drain watermelon, pineapple and cantaloupe balls, and chill together with mangoes and avocado cubes in a bowl. Combine orange and calamansi juice and sugar. Chill. Mix juice and fruit when ready to serve.

BEAN SALAD WITH SESAME DRESSING

Yoshiko Yoshida

1/4 kg. green beans, sliced slantwise and boiled in salted water
3 tbsp. white sesame seeds, toasted lightly
2 tbsp. sugar
2 tbsp. soy sauce
Dash of msg.

Grind sesame seeds and combine with soy sauce, sugar and msg. Just before serving, mix sesame dressing thoroughly with beans.

SITAO SALAD

Nalda Ramos

3 cups yeard-long beans, (sitao), boiled and cut into
  1 1/2-inch lengths
3-4 med.-sized fresh tomatoes, sliced
2 hardcooked eggs, sliced
1 med.-sized onion, sliced thinly

Dressing:
1/2 cup cider vinegar
1 tsp. salt
2 tbsp. sugar
1/4 tsp. paprika
1/2 cup salad oil

Separate a few slices of tomatoes, eggs and onions for garnishing. Toss together lightly vegetables and eggs. Add the salad dressing already mixed. Garnish.

String beans (Baguio beans) may be used instead of sitao.

BEAN SALAD

Lina L. Ilag

1/2 kg. fresh green Baguio beans, cut diagonally into 1-inch pieces
1/2 kg. red kidney beans, cooked until tender
1 green pepper, sliced thinly
1 med.-sized onion, sliced thinly
1 carrot, grated
1/2 cup sugar
1 tsp. salt
1/4 cup vinegar
1/4 cup salad oil

Cook green beans until tender. Drain. Combine the beans, green pepper, grated carrots and onions. Then pour the marinade mixture of vinegar, oil, sugar and salt into the vegetables and mix well. Let stand overnight. Drain any excess liquid before serving.

CARROT RELISH

Nalda Ramos

2 cup grated carrots
1/2 cup thinly sliced cucumber
1/2 cup pineapple tidbits or coarsely crushed pineapple
1/2 cup raisins
1/2 tsp. salt
1/2 cup mayonnaise

Combine all ingredients except the mayonnaise. Toss and chill. Add mayonnaise and toss once more before serving.

PINEAPPLE-SHRIMP SALAD

Nalda Ramos

1 cup pineapple tidbits
1 cup cooked, shelled, deveined shrimps
1 cup finely shredded cabbage
1 cup thinly sliced cucumber
1/2 cup chopped toasted peanuts
Salt to taste
2/3 cup mayonnaise

Combine and toss all ingredients except the mayonnaise. Chill. Add the mayonnaise and toss once more before serving.

EGYPTIAN CUCUMBER SALAD

Susan Hargrove

2 cups plain yogurt
1 tsp. garlic salt
1 tsp. white vinegar
1 1/2 cup peeled thinly sliced cucumber

Stir yogurt until smooth; add garlic salt and vinegar. Pour over cucumber slices and mix gently. Refrigerate until well chilled or at least one hour. Yield 4 to 6 servings.

CUCUMBER SALAD WITH SQUID IN FLOWERED DESIGN

S. Nishigaki

1 big squid, cleaned, head and entrails removed, and skin peeled off
Dash of salt
2-3 cucumbers
2 tbsp. vinegar
1 tbsp. cooking wine
2 tbsp. soy sauce

Make longitudinal gashes around squid, taking care not to cut through and through into flesh. Slice squid crosswise about 1/3 inch long. Boil pieces in water with a dash of salt for a few minutes. Set aside. Slice cucumber and work in salt. Combine squid and cucumber in a serving dish and add mixture of vinegar, wine and soy sauce.

CUCUMBER-SHRIMP SALAD

Flor Romero

1 small cucumber, peeled and chopped
1 cup cooked or canned shrimps, finely chopped
1/2 cup mayonnaise or salad dressing
Parsley
Salt and pepper
4 peeled tomatoes
Leaf lettuce
Mayonnaise or salad dressing

Combine the cucumber, shrimps and 1/2 cup mayonnaise or salad dressing. Season to taste.

Cut each tomato into 5 sections, leaving them intact at the stem end. Place on lettuce arranged on salad plates. Spread the tomato sections apart and fill with the cucumber-shrimp salad. Top with mayonnaise or salad dressing. Garnish with a sprig of parlsey.

LABONG SALAD

Jophine Lazaro

1 kg. young bamboo shoots (labong), shredded
1/4 kg. carrots, cubed
2 small onions, chopped
1 cup sweet mixed pickles, chopped
2 cups mayonnaise
1/2 cup cheese, grated
1/4 kg. ham, cubed
Salt and pepper to taste

Boil labong until tender. Squeeze labong well to eliminate the bitter taste. Put together the labong, carrots, onions, pickles, mayonnaise, cheese, ham (or any substitute) and salt and pepper. Refrigerate and then serve.

LABONG-SHRIMP SALAD

Fely T. Orillo

2 cups shredded or sliced young bamboo shoots (labong)
1 cup shelled cooked shrimps
2 med.-sized onions (white), chopped
1/4 cup pickle relish or chopped sweet mixed pickles
1/2 tsp. pepper
Salt to taste
1 cup mayonnaise

Mix all ingredients well. Chill.

COLE SLAW

Lil E. Gatmaitan

3 cup finely shredded cabbage
1/4 cup finely shredded carrots
1/2 cup pineapple tidbits
1/3 cup raisins

Mix cabbage and carrots well. To avoid last minute fuss, toss them with ice cubes. Chill in the refrigerator for 1 hour. When ready to serve, remove ice drain. Add pineapple tidbits and raisins. Toss with Thousand Island dressing:

1/2 cup mayonnaise
1/4 cup catsup
2 tbsp. pickle relish
Combine and mix well.

CAULIFLOWER-VEGETABLE SALAD

(A vegetable salad with a difference: chopped raw cauliflower)

Flor Romero

2 cups raw cauliflower, chopped
1 cup chopped celery
1/2 cup chopped green pepper
1/2 cup shredded carrots
Leaf lettuce
Mayonnaise or salad dressing

Toss all of the vegetables together. Add mayonnaise or salad dressing. Serve on lettuce leaves.

BAMBOO SHOOT (LABONG) PICKLES

Andrea Aglibut

3 cups bamboo shoot stips, boiled and washed
3 tbsp. sugar
1/2 cup vinegar
5 native onions, peeled
1 red sweet pepper, cut lengthwise
1 green sweet pepper, cut lengthwise
1 carrot, cut in strips
1 inch ginger, sliced into thin strips
Salt to taste
1 small red hot pepper, seeds removed and flesh crushed
1/2 tsp. msg.

Squeeze water out of the bamboo strips. Set aside bamboo strips in a bowl. In a saucepan, dissolve sugar in vinegar. Add onions, sweet pepper, carrots, ginger and salt. Bring mixture to a boil, stirring all the white. Pour boiling mixture over the bamboo strips. Add the hot pepper and msg. Mix all thoroughly. Serve cold.

BUKO SALAD

Sally Novero

1 bar red gulaman
1 bar green gulaman
5 young coconuts (buko), grated
1 cup pineapple tidbits
1 cup nata de coco preserve, drained
1 cup kaong preserve, drained

Dressing:
2 cans (14 oz. each) sweetened condensed milk
2 egg yolks
4 tbsp. sugar

Cook each gulaman bar separately in 1 1/2 cups water. Set in pans to cool and cut into 1-cm. squares. In a mixing bowl, mix the gulaman and the rest of the ingredients. Chill in the refrigerator.

Cook the condensed milk, egg yolks and sugar over low heat, stirring constantly until thick. Cool. Add to buko mixture until well blended. Chill and serve.

SPAGHETTI-BUKO SALAD

Zinnia S. Payawal

1 pkg. (8 oz.) pre-cut spaghetti
1 1/2 cup young coconut (buko), shredded
1 cup pineapple tidbits
1 can (No. 2 1/2) fruit cocktail
1/4 cup pickle relish
1/4 cup grated cheese
1/2 cup condensed milk
1 can (6 oz.) heavy cream, chilled
1/2 cup casuy nuts, chopped

Cook pre-cut spaghetti as directed on the package. Drain and arrange in a salad bowl. Chill. Meanwhile drain shredded coconut, pineapple tidbits, fruit cocktail and pickle relish. Combine with cooked spaghetti and nuts. Mix the condensed milk and chilled heavy cream thoroughly and pour over spaghetti mixture. Toss lightly until well blended and serve cold on a bed of lettuce.

BASIC FRENCH DRESSING

Flor Romero

3/4 cup salad oil
1/4 cup vinegar
1 tsp. salt
1 tsp. sugar
1 tsp. paprika
1/4 tsp. dry mustard
Dash of freshly ground pepper

Combine all the ingredients in a glass jar with a tight-fitting cover. Shake until thoroughly blended. Chill. Shake well each time before using.

Make 1 cup.

VEGETABLES

PINAKBET

(An Aglibut original)

Andrea Aglibut

Cooking oil
2 cloves garlic, crushed
5 native onions, peeled and quartered, and divided into two portions
1/4 kg. pork cut into strips and squares, or pork sitsaron
1 cup sliced ripe red tomatoes
1 cup lima beans (patani)
5 pc. small ampalaya, cored, slit in quarters
15 long small eggplants, cut like the ampalaya
1/3 tsp. shredded ginger
2 tbsp. native bagoong
1 tsp. msg.
1 med.-sized roasted or fried bangus

In a deep saucepan or kettle, place the oil, saute the crushed garlic, onions and meat until they are slightly brown. Remove kettle from the fire. Add 1/2 of the tomatoes, lima beans, ampalaya and eggplant. Over these add the remaining tomatoes, sliced onions, ginger and bagoong. Put 1/2 cup of water. Cover kettle and bring mixture to a boil. After 8 minutes, stir the mixture by rotating pan several times. Grasp kettle and hold down cover with both hands (be sure to use potholders) and shake kettle gently up and down in order to bring the meat to the top of the mixture. Add msg. and the roasted bangus. Let mixture simmer over very slow fire. The dish is done when the skin of the eggplants becomes wrinkled.

LAKSA

Emma Orlido

1/2 kg. pork, boiled and cut into pieces
3 tbsp. pork fat (from above pork)
1 big head garlic, crushed
1 big onion, cut lengthwise
1 cup shrimps (suahe), halved
1/2 cup thick shrimp juice (from pounded heads of shrimps, squeezed in water and strained)
1 med.-sized banana blossom (puso ng saging), sliced thinly, rubbed very well with salt, washed and squeezed dry

1 coconut, grated
1 cup water
1/2 cup peeled lima beans (patani)
1/2 cup yard-long beans (sitao) cut in 1 1/2-in. lengths
1/2 cup hyacinth beans (batao), in thin diagonal slices
1/2 cup winged beans (sigadillas), thinly sliced
1/2 cup squash (kalabasa), diced
1/2 cup young shoots of squash
1/2 cup eggplant slices
1 small sponge gourd (patola), peeled and cut thin diagonally
100 gm. sotanghon (1 cup when soaked)
2 tbsp. msg.
Patis and pepper to taste

Extract pure milk from coconut. Set aside. Add 1 cup water and make a second extraction. Set aside.

Extract fat from pork and in this fat saute garlic, onions and shrimps. Add thick shrimp juice. Put to boil. Add banana blossoms, simmer and when half-cooked add thin coconut milk. Let boil, and then add peeled, patani, sitao and batao. When vegetables are half-cooked, add sigadillas, squash shoots and squash fruit. Simmer for a minute, and then add eggplant and patola. When vegetables are cooked, add sotanghon and thick coconut milk. Let boil and correct flavor, adding patis, msg. and pepper.

ADOBONG PUSO NG SAGING (BANANA BLOSSOM)

Fely T. Orillo

2 cloves garlic, minced
1/2 med.-sized onion, sliced
1/4 kg. pork, boiled and diced
Patis and pepper to taste
2 pc. banana blossom (puso ng saging), sliced, soaked in
salted water for a few minutes, and then squeezed
1/2 cup native vinegar
1 cup coconut milk from 1 coconut
1 handful of sotanghon, soaked in water and drained
2 bunches of green onion (optional, finely cut

Saute garlic, onions and pork in cooking oil. Season with patis and pepper. Allow to simmer for three minutes. Add sliced banana blossom, stir a little, and then add vinegar. Simmer for another three minutes. When banana blossom is half-cooked, add coconut milk and stir to prevent curdling. Add sotanghon. When sotanghon is cooked, add green onions. Serve hot.

PORK BULANGLANG

Nalda Ramos

1/2 kg. pork belly (liempo), boiled, cut into 1-inch cubes
1 tbsp. fat
1 tbsp. minced garlic
1 big onion, quartered
2 big tomatoes, quartered
1/4 kg. fresh shrimps with shell on, but legs and head tips cut off
2 tbsp. atsuete extract
2 tbsp. fish saute or patis
4 to 5 cups pork broth
1 medium ampalaya, halved, cored, cut 1 inch long
10 pc. yard-long beans (sitao), cut 2 inches long
3 med.-sized eggplants, sliced crosswise about 1 inch long
1 small sponge gourd (patola), pared, sliced
    1/2 inch thick
10 pc. okra, cut 2 inches long
Enough rice water
Salt and msg. to taste

Saute garlic and onions in fat. Add tomatoes, shrimps, pork, atsuete, patis and pork broth. Let boil. Add ampalaya, sitao and eggplant. Continue boiling. Add patola and okra last. Add enough rice water to cover. Season with salt and msg. Let boil once and remove from heat quickly. Do not overcook vegetables.

LUMPIA

Nalda Ramos

1/2 cup fat (bacon or pork)
2 cups diced potatoes or sweet potatoes (camote), fried
1 cup diced tokua
1 med.-sized garlic head, minced
1 med.-sized onion, cut fine
2 cups pork, diced
1 cup shelled shrimp, cut fine
2 tbsp. atsuete, soaked in 1/2 cup water
2 tbsp. soy sauce
2 tbsp. peanut butter
2 tbsp. sugar
1/2 cup meat broth
2 tbsp. msg.
Salt to taste
1 cup each of the following ingredients: green beans or

sweet peas (sitsaro), cut fine; papaya, shredded; turnip (singkamas), shredded; cauliflower, cut into flowerettes
2 cups cabbage, shredded
1/2 cup kintsay, cut fine

Fry potatoes and set aside. Fry tokua and set aside. In the same fat saute garlic, onions, pork and shrimps. Add tokua and the next seven ingredients. Cook and simmer for 2 minutes until well blended. Add beans or peas, papaya, singkamas and cauliflower. Simmer covered for 2 minutes until half cooked. Add cabbage, kinchay and fried potatoes. Mix well and cook one minute more. (A substitute for peanut butter is 1/2 cup ground toasted peanuts which is added last.)

Sauce:
1/4 cup soy sauce
1 cup brown sugar
2 tbsp. cornstarch
1 cup water
Mix the ingredients and cook until thickened

Egg wrapper:
3 eggs
1/2 cup cornstarch or flour
1 tsp. salt
1 tbsp. sugar
1 tsp. msg.
1 cup water

Mix all ingredients thoroughly. Place two tablespoonfuls of batter on greased or teflon-coated griddle. Tilt pan to spread batter into a thin sheet. Gently remove cooked wrapper from griddle.

Wrap two tbsp. lumpia filling in each wrapper and serve with sauce.

SPRING ROLLS

Sophie Ling

1 cup pork, in strips
2 tsp. soy sauce
1 tsp. shredded cabbage
1 cup shreeded carrots
1 cup bean sprouts
Salt
2 tbsp. oil
1 tsp. cornstarch
1 tbsp. flour

4 tbsp. water
Lumpia wrappers

Marinate pork in soy sauce and cornstarch. Cook vegetables separately in water with salt. Take out for water and set aside. Cook pork in hot oil (on high heat) until pinkish color disappears. Add all cooked vegetables. Disperse cornstarch and flour in water and stir into pork mixture. Cook until starch thickens. Cool slightly. Wrap about 2 tbsp. of mixture in lumpia wrapper and deep-fat fry.

CURRIED PEAS

Fe Baclig

2 pkg. frozen green peas
1 tbsp. minced onion
3/4 cup water
2 tbsp. butter
1 tsp. curry powder
1 tsp. salt
1 cup sour cream
1 cup undiluted cream of mushroom soup
1/3 cup toasted coconut flakes (optional)
1 onion, sliced into rings

Cook peas, onions and water till tender. Drain. Melt butter, add curry powder and salt; blend in sour cream and mushroom soup. Heat but do not boil. Add peas and pour into casserole. Top with coconut flakes. Garnish with fresh onion rings. Bake 350°F for 8 minutes.

KABLI CHANNA

Indian

(Whole Bengal beans)

D. Pathak

8 oz. Kabli or chick peas (garbanzos)
2 3/4 cup water
Pinch of salt
Oil for frying
1 onion, finely sliced
2-inch pc. fresh ginger root
2 cloves garlic
1/2 tsp chili powder
2 tsp. ground coriander seed
1/2 tsp. ground cummin seed
4 cloves

1-inch stick cinnamon
2 tomatoes, chopped
2 chillies, chopped
juice of one lemon
1 tbsp. chopped fresh coriander leaves

Wash and soak beans overnight. Add salt. Cook beans in water with salt until beans become soft and split, about 30 to 45 minutes. In saucepan, heat oil, brown onions well, add ginger and garlic. Add chili powder, coriander seeds, cummin seeds, cloves and cinnamon and continue frying. If too dry, sprinkle with water. Add tomatoes and chillies and fry 10 minutes. Add drained, cooked beans and cook gently for 10 minutes more. Add water in which the beans were cooked. Simmer 25 minutes. Add lemon juice before the end of cooking time. Garnish with chopped coriander leaves. Eat with bread or rice. Serves 4.

LIMA BEANS (PATANI) WITH SOTANGHON

Ada Cendana

2 tbsp. fat
3 cloves garlic, crushed
1 onion, sliced
1 cup shelled shrimps
1 cup lima beans (patani), peeled
1 cup sotanghon cut into
    1-inch pieces, soaked and drained
1 tbsp. patis (fish sacue)
1 tsp. msg.

Saute garlic in fat till brown. Add onion, shrimps, patani and patis. When these are almost cooked, add chicken or pork broth about 2 cups. Let boil and add sotanghon and msg.

SITAO WITH COCONUT MILK

Tenny M. Vega

1 coconut, grated
1 cup water
1 tbsp. oil
4 cloves garlic, finely crushed
1 small onion, finely sliced
1/2-in. ginger, slightly crushed
1/2 cup diced pork

1/2 cup shelled shrimps
3 cup yard-long beans (sitao) cut into lengths of 1/4"

Extract pure milk from coconut. Set aside. Make a second extraction by using 1 cup water. Set aside.

Saute garlic, onions and ginger in fat. Add pork, shrimps, and sitao with 2 to 3 minutes interval between additions. Season with salt. Stir in diluted coconut milk and simmer until sitao is almost tender. Blend in pure coconut milk and continue simmering until coconut milk is slightly thick. Stir frequently to avoid scorching.

PAPAYA KILAWIN

Nalda Ramos

1 kg. pork batsoy
2 to 3 cup water
1 med.-sized garlic head, crushed
1 med.-sized onion, sliced
1 cup cider vinegar
1 heaping tsp. salt
1/2 cup brown sugar
1 tsp. pepper
1 tbsp. msg.
5 to 6 cups green papaya, thinly sliced

Clean batsoy very well. Separate fat and cut into small pieces. Cook batsoy in water until tender. Remove from broth and slice thinly into small pieces. Brown meat fat in skillet. Drain off lard. Place to one side the browned fat and saute garlic and onions in the greased pan until brown. Add batsoy and cook until dry. Add vinegar, salt, pepper, sugar and msg. Bring to a boil and add papaya. Cover and continue cooking for 20 minutes more. Let kilawin stay one day before serving. You can use radish instead of papaya.

LABANOS KILAWIN

Virgie Fernandez

2 tbsp. fat
2 tbsp. atsuete
4 cloves garlic, crushed
1 med.-sized onion, sliced
5 med.-sized tomatoes, sliced
2 tbsp. miso

2 tbsp. water
2 tbsp. patis
1/2 kg. pork cut into thin wide strips
1 tsp. sugar
1/2 cup native vinegar
6 med.-sized radishes (labanoas), sliced into thin strips
1/2 tsp. msg.
Salt and pepper to taste

Heat fat and add atsuete. Keep flame low while extracting color. Discard seeds. Saute garlic, onion and tomatoes in the atsuete fat. Thin miso with 2 tbsp. water and stir into the sauteed mixture. Season with patis. Blend in pork and continue sauteeing for 5 minutes. Add vinegar, pepper, msg. and sugar. Simmer until pork is almost tender. Add radish and continue cooking until vegetable is done.

GULAY NA CATNGA

(A Bicol favorite)

Nena Escuro

1 coconut, grated
1 cup water
25 pc. gabi leaves, hand-shredded into long strips 1/2-inch wide
1/2 tbsp. bagoong alamang
1 onion, sliced
3 cloves garlic, crushed
3 tbsp. vinegar
3 to 4 small red hot pepper (siling labuyo), optional
Salt to taste

Add water to coconut and extract milk. Boil the coconut milk with the alamang, onion, garlic and vinegar, stirring once in a while to avoid curdling. To the boiling mixture, add the gabi leaves, a handful at a time, sprinkling them over the coconut milk. Do not stir the dish for about 3 minutes. Then stir just enough time to keep the leaves from sticking together. Add salt to taste and the hot pepper and continue cooking until the dish is almost dry and the coconut oil starts to appear.

KIMCHI
(A relish)
S.H. Lee

2 small heads Chinese cabbage, cut 1'' across
4 tbsp. salt
2 cup water
3 med.-sized thinly sliced radishes
1 med.-sized carrot, thinly sliced
1 tbsp. salt
2 tbsp. sugar
1/2 tbsp. flour
1 cup water
1/2 tbsp. finely chopped garlic
1/2 tbsp. finely chopped ginger
2/3 tbsp. salt
1 1/2 tbsp. sugar
1 tbsp. finely cut green onion leaves
1 1/2 tbsp. red hot pepper (optional)

Put cabbage in a bowl, add 4 tbsp. salt and 2 cups water. Soak 8 hours or until cabbage is half softened. Wash thoroughly, drain and set aside. Sprinkle radishes and carrots with 1 tbsp. salt, wait 30 minutes and then sprinkle with 2 tsp. sugar. Set aside. Combine flour and water and boil, stirring constantly. Cool. Mix in remaining seasoning, cabbage and radish mixtures. Put kimchi in a ceramic jar with lid and keep at room temperature unti it is fermented (24 hours in the Philippines). And then keep in refrigerator. Serve cool.

PANCIT BUKO
Marcia C. Jesena

3 tbsp. cooking oil
1/2 head garlic, crushed
1 med.-sized onion, sliced longitudinally
1/4 cup shrimps (suahe), shelled, halved and deveined
1/3 cup flaked crab's meat (alimasag)
1/4 cup cubed chicken meat
1/2 cup shrimp juice
2 1/2 cups buko strips, blanched
1 1/2 cup green beans, sliced into thin diagonal strips
1/2 cup carrot strips
1 cup cabbage strips
3 tbsp. kintsay, in 1/2-inch lengths
Patis, salt and pepper to taste

Saute garlic until medium brown; add the onions. When onions are nearly wilted, add the shrimps and crab meat. Cook for about 3 to 4 minutes and then put in the chicken cubes. Cook the mixture for around 2 to 3 minutes and then add the shrimp juice and let it boil. Add beans to the boiling broth. When the beans are half-cooked, add the carrots, followed by the buko. When the carrots are half-cooked, add the cabbage and stir the mixture gently. Avoid overcooking the vegetables. Add patis, salt and pepper to taste. Toss in the kintsay after turning off the heat.

BEEF-CORN CASSEROLE

Tenny M. Vega

2 tbsp. fat
4 cloves garlic, crushed finely
1 med.-sized onion, minced
1 can (8 oz.) tomato sauce
1 cup ground beef round
Salt and pepper to taste
1 tsp. msg.
4 cup shredded sweet corn, 4-5 large ears
White sauce
1 cup bread crumbs

Saute garlic and onion in fat. Add tomato sauce. Simmer uncovered until almost thick. Stir in ground beef and season with salt, pepper and msg. Cook over low heat until beef is almost done. Add corn and cook until mixture is done. Place half of the sauteed mixture into a 1-quart casserole dish and pour in half of the white sauce. Add the other half of the sauteed mixture and white sauce. Top with bread crumbs and bake at 350°F for 20 minutes.

White sauce:
2 tbsp. margarine
2 tbsp. flour
1 cup milk
1/2 cup grated cheese

Melt margarine in a saucepan. Stir in flour. Remove from heat. Gradually add milk, stirring constantly. Cook over medium heat until mixture starts to boil. Blend in grated cheese.

CORN CHOWDER
Zinnia S. Payawal

1 large onion, chopped
2 cups water
2 potatoes, chopped
2 large stalks celery and leaves, chopped
1 1/2 tsp. salt
2 can creamed corn
2 cup evaporated milk

Cook onion in water in a large kettle till transparent. Add next 4 ingredients and cook until potatoes are done. Add corn and milk, heat slowly till very hot, stirring often. Serve with chopped parsley sprinkled on top.

SUKIYAKI NO. 1
Yoshiko Yoshida

Sauce:
1 cup cooking wine
1 cup sugar
2 cup soy sauce

Ignite cooking wine, add sugar, soy sauce and the water in which mushrooms had been soaked. (If you like a sweeter sauce, add more sugar).

1 pc. of suet
8 to 12 leeks, cut slantwise
1/2 kg. (or about 1 1/4 lb.) paper-thin sliced beef (rib-eye roast, sirloin, top round)
Approx. 225 gm. (1/2 lb.) sotanghon soaked in water
1/2 pc. soft bean curd (tokua) drained for a while and cut into 8 cubes
8 mushrooms, fresh native mushrooms or dried (soak dried mushrooms in water and save water)
3 cup bamboo shoots or ubud, sliced
Approx. 225 gm. (1/2 lb.) spring chrysanthemum or native spinach, cleaned and washed
1 cup long sprouted mongobeans (togue)
1 to 2 cup beef broth
Fresh eggs, for each serving bowl

Arrange all the ingredients attractively on a plate. Prepare two jars, one with beef broth, another one with the sauce prepared above. Put the iron pan or a frying pan on the table. When it is fairly hot, melt a little suet in it, then add the leeks, then a little of the meat. When the meat has slightly browned (don't overcook), pour in the sauce. Add the vegetables and meat . Add some more sauce and the broth if necessary. Correct the seasoning and it's ready to eat. Keep the flame high to prevent the meat juice from draining out and leaving the meat tasteless. Gradually add meat and vegetables as you eat , adding the sauce and the broth. Break one egg into your bowl and slightly beat it. Dip the crisp hot meat and vegetables into your egg and eat. Serve with plain white rice and salt pickled vegetables. Serves 4.

Hints for good Sukiyaki:

1. Do not mix each vegetable and meat in the pan.
2. Do not add too many vegetables or meat at a time.
3. Do not overcook, especially the meat.
4. Correct the seasoning frequently.

SUKIYAKI NO. 2

(The easy way)

Helen L. Valmayor

1/2 kg. pork ham (pigue) or beef sirloin, thinly sliced
2 cups bamboo shoots, sliced
1/2 cup celery, sliced
1 cup white onions, sliced
2 cups mushrooms
1 cup green onions, sliced
2 cups sweet peas (sitsaro)
1/2 kg. sutanghon, soaked in water and cut up

Sauce:

1/4 cup soy sauce, good kind
1/2 cup water
2 tbsp. white wine
4 tbsp. sugar

Heat a little fat in skillet. Brown meat. Pour in half of sauce. Simmer. Add vegetables and sutanghon. Serve hot.

TEMPURA

Yoshiko Yoshida

Tentsuyu Sauce:

1/3 cup cooking wine
1 cup Japanese soup stock (Dissolve 1/2 tsp. instant Japanese soup stock or msg. in one cup water)
1/2 cup round radish
1 tbsp. ground ginger

Ignite cooking wine, add broth, soy sauce and sugar. Bring to a boil and then remove from heat. Serve in individual small bowls.

Batter:

1 egg
Enough ice water
1 cup cake flour

Mix egg and enough ice water to make 1 cup. Beat lightly with a or chopsticks. Stir in cake flour. Stir just enough to moisten flour. Do not beat.

8 med-sized prawns, shelled and deveined but the tails left on
8 chrysanthemum leaves, washed and dried
1 sheet layer (seaweed) cut into 8 portions
4 small eggplants, each cut into longitudinally into 2 or 3 pcs., leaving short stems on
4 fresh mushrooms with stems removed, washed and drained
4 small bell peppers, cut into two, seeded but short stems left on
8 pcs. green beans, cut into 2 or 3 pc. (or 24 pc. of snow peas)

Heat about two inches deep of vegetable oil to 335°F. To test the temperature, drop a teaspoon ful of batter into the oil. If batter sinks to the bottom and slowly rises, the temperature is too low. If batter does not sink but remains floating, temperature is too high. If the batter sinks and quickly rises to the surface of the oil, the temperature is right. Dip each piece of prawns or vegetables into the batter .Drop a few at a time into the oil and cook till a golden brown. Drain. In case of green leaves or snow peas, drop two or three pieces together.

Spread paper napkins on each plate, and arrange fish and vegetables attractively. Put a small heap of ground radish topped with ground ginger on each plate. Serve together with individual bowls of warm tentsuyu sauce.

Makes a good dinner with plain-cooked rice, clear soup and pickled vegetables. Serves 4.

ONION PIE

Rebecca Pascual

- 1 9-inch unbaked pie shell
- 1/4 cup butter
- 4 med-sized onions, sliced
- 2 tbsp. flour
- 4 eggs
- 1 cup milk
- 1 tsp. salt
- 1/8 tsp. pepper
- 4 sliced cooked, crumbled crisp bacon
- 2 cups grated cheddar cheese, Gonda or Edam

Cook onion slices in butter in a skillet. Stir in flour. Remove from heat. Beat eggs, milk and seasonings together. Fold in onions, bacon and cheese. Pour into pie shell. Bake at 400°F for 15 minutes, then reduce heat to 325°F and bake 20-25 minutes more until center is firm. Cut into 8 to 10 wedges and serve warm.

BREADS AND ROLLS

PAN DE SAL

Lily Saplala

5 tsp. yeast dissolved in 3 cups of warm water
1 cup brown sugar
12 tbsp. margarine
2 eggs
9 1/2 cups flour
1 tbsp. salt
Bread crumbs

Dissolve yeast in water, add sugar, margarine and eggs. Add flour and salt. Knead dough on floured board. Let dough rise to double its size in bowl. Divide dough in half and flatten out one half of dough. Let rolled dough rise (about thirty minutes to one hour). Cut rolled dough into 1-inch slices, and roll each slice on bread crumbs. Lay slices on baking pan (cut size up) and allow slices to rise. Then bake in hot oven (400oF) for about eight to ten minutes or until bread turns golden brown.

LOAF BREAD OR ROLLS

Ada Cendana

2 1/2 tbsp. yeast
1 tbsp. sugar
1 cup warm water

Dissolve yeast and sugar in warm water

1/2 cup milk
1/2 cup warm water
1/2 cup sugar
1 tbsp. salt

In separate bowl, combine and mix the milk water, sugar and salt. Then pour in yeast mixture and stir well. Let it stand for 15 minutes.

1/4 cup cooking oil
2 eggs
1/3 cup butter
4 cups sifted all-purpose flour

Add to mixture the oil, eggs, butter and 3 cups flour. Knead with hand till well blended. Put in the last cup of flour and continue blending. Knead 20 times. Put whole dough in a greased bowl and cover. Let it rise for 15 minutes. Punch and divide into 2 parts. Roll each part with a rolling pin and shape into desired shape. It could be loaf bread or rolls. Place in greased baking pan and let rise for another 15 minutes. Bake for 45 minutes at 300°F.

BAKED LEAVEN BREAD

Indian

H. Khush

1 cup flour
1 tsp. sugar
1/2 tsp. baking powder
1/2 tsp. salt
3 tbsp. milk
2 tbsp. yeast dissolve in a little of the milk
1 cup yogurt
2 tbsp. butter
1 egg
1 eggyolk or 2 tbsp. melted butter
1 tbsp. poppy seeds

Sift the flour, sugar, baking powder and salt. Warm the milk and yogurt and add the yeast, butter and egg. Mix thoroughly. Make a depression in the center of the flour and pour in milk mixture a little at a time until all is absorbed. Knead well for 15 minutes until smooth and springly, adding a little more flour if the dough is sticky. Cover and leave to rise until double in bulk, 3 to 4 hours. Divide into 8 portions and roll into balls with well floured hands. Cover and set aside for another 15 minutes.

Flatten each ball into a thick pancake with the help of a little flour by tossing from one palm to the other. Brush tops with melted butter or egg yolk and sprinkle with poppy seeds.

Bake in hot oven 450°F for about 10 minutes. The nan should puff up and down. It can be cooked on griddle: when one side is done, turn the other side.

ENSAYMADA WITH UBE FILLING

Nalda Ramos

1st stage:

1 1/2 tbsp. yeast
1/4 cup evaporated milk (lukewarm)
1/2 cup water (lukewarm)
1 tbsp. refined sugar
1/2 cup all-purpose or bread flour

Dissolve yeast in lukewarm water and milk. When yeast is dissolved, add ss sugar and flour. Beat thoroughly until smooth and let rise 30 minutes

2nd stage:

1/2 cup refined sugar
8 eggyolks
2 cups all-purpose or bread flour

Beat sugar and egg yolks and mix with sponge yeast above, add flour and beat thoroughly until smooth. Let rise 1 1/2 to 2 hours until double..

3rd stage:

1 cup soft butter
8 egg yolks
2 cups all-purpose or bread flour

Beat butter and egg yolks until light. Add to risen dough above. Add rest of flour and knead well until smooth and dough is shiny. Let rest for 30 minutes. Divide dough into 4. Roll each into cylindrical form and slice into 10 to 12 pieces, each roll making 40 to 45 balls. Roll out and flatten each ball on greased board. Spoon into dough one tbsp. ube filling. Close sides and set on greased pan or muffin pans. Let rise 1 to 2 hours until double in size. Bake in moderate oven for 15 minutes.

Ube filling.

4 cups mashed cooked ube
1 can (14 oz.) evaporated milk
1 cup refined sugar
1/4 cup butter
1 tsp. salt

Mix all ingredients and cook over low heat, stirring constantly until thick sticky and dry.

SIOPAO

Nalda Ramos

1 tbsp. yeast
1 cup lukewarm water
6 cups flour
2 tbsp. baking powder
1 tsp. salt
2/3 cup sugar
1 cup water
3 tbsp. oil

Dissolve yeast in lukewarm water. Sift into a bowl 2 cups flour, baking powder, sugar and salt. Add yeast and 1 cup water. Beat well. Let stand 30 minutes. To the spongy dough add oil and and knead with the remining 4 cups flour until smooth. Let rise until double. Meanwhile, prepare filling:

1 tbsp. fat
1 tsp. minced garlic
1 medium -sized onion, chopped
3 cups cooked diced pork
1 cup cooked flaked chicken
1/2 cup crushed pineapple
2 tbsp. soy sauce
3 tbsp. brown sugar
1 tbsp. msg.
1 bay leaf
Salt and pepper to taste
1 cup chicken or pork broth
2 tbsp. flour

Brown garlic in fat. Add onions, pork and chicken and continue sauteeing until almost dry. Add crushed pineapple and the rest of the ingredients. Cook until the mixture is thick.

Divide risen dough into four and roll each piece into cylinders about 2 inches in diameter. Slice each cylinder into pieces about 1 inch thick. Flatten each slice and spoon in about 2 tsp. of filling. Gather the edges toward the center over the filling, pressing tightly at center to seal firmly. Line a steam cooker with cheese cloth or with individual pieces of paper 2-inch square for each siopao. Arrange siopao in steamer about 1 inch appart. Let rise about 30 minutes and then steam for about 30 minutes.

SHAO PAO (SIOPAO)

Jane Ou

Wrapper:

1 cup warm water
1 tbsp. dry yeast
1 tbsp. sugar
1 tbsp. corn oil
2 1/2 cups flour
2 tbsp. baking powder

Filling:

2 cups cooled mashed mongo beans
1 cup sugar
3 tbsp. shortening (fat or oil)

Cook filling to desired thickness.

In a mixing bowl, dissolve yeast in warm water, add sugar and corn oil. Using your hand, mix in enough flour till dough no longer sticks to the bowl. Turn dough into lightly floured board. Knead, gradually adding remaining flour until dough is smooth and not sticky. Cover with wet cloth and let it rise until double in bulk for about an hour.Punch down and add baking powder. Knead several times more. Cut dough into two parts and each part into strips. Cut each strip in desired sizes. Flatten each with a roller. Make the center a little thicker. Put in filling, close and steam.

EMPANADAS

Nalda Ramos

Dough:

3 cups all-purpose flour
2 tsp. baking powder
2 tsp. sugar
1 cup shortening
3/4 cup water
1 egg, beaten

Proceed as you would in making a pie crust. Divide dough into 2 parts. Roll each part in a cylindrical form. Cut each piece into 15 slices or more. Flatten each slice and place on it 2 tsp. filling. Fold together sides into a half moon shape and seal edges by folding and pressing with the fingers or crimping edges with a crimper. Glaze top with egg. Place empanadas on baking sheet and bake in a hot oven (about 400° to 450°F) for 20 to 30 minutes.

Filling:

2 tbsp. bacon fat
1 tsp. minced garlic
2 tbsp. minced onion
1/2 kg. ground pork and chicken
2 tbsp. sweet pickle relish
1 tbsp. chopped olives
1/2 cup sweet peas
1/2 cup raisins
1/2 cup diced potatoes
1 tbsp. chopped sweet red pepper
1 tbsp. pepper
1 tbsp. soy sauce
1 tsp. msg.
Salt to taste

Brown garlic and onions in fat. Add pork and chicken and continue sauteeing until dry. Add the rest of the ingredients. Cook covered until dry. Cool before using.

For fried empanadas, use the ingredients and procedure as in baked empanada except reduce baking powder to 1 1/2 tsp. and shortening to 1/2 cup, and increase sugar to 3 tbsp. Do not glaze.

DAN BINGS
(Pancakes)
Nancy Chang

Chinese

1 cup boiling water
3 cups flour
1/3 cup cold water

Add 1 cup boiling water to flour and mix well. Add cold water. Knead the dough thoroughly until it is smooth. Cover and let rest for 15 minutes. This will have the consistency of yeast bread dough. Working on a lightly floured boared, divide dough into 2 parts and roll each into a cylinder 15" long 2" in diameter. Oil makes them easier to separate after cooking. Using an unoiled pan heated to medium heat, cook pancake on one side until bubbles rise (about 20 seconds), turn and cook until light brown. Remove and separate quickly by pulling the two rounds apart very carefully. This leaves you with two original layers. Stack these separated layers in a pile and cover with a dry towel. When all are prepared, fold each one into quarters.

CAMOTE DOUGHNUT

Ada Cendaña

- 2 cups mashed cooked sweet potato (camote)
- 2 eggs, well beaten
- 2/3 cup sugar
- 1/2 cup milk
- 2 tbsp. margarine
- 3 cups flour
- 2 tbsp. baking powder
- 2/3 tsp. salt

Combine camote, eggs and sugar and beat thoroughly until smooth. Sift flour, baking powder and salt.. Stir into camote mixture and mix well to make a soft dough. Roll dough on floured boared and cut with doughnut cutter. Deep-fry and roll in refined sugar.

GRANOLA

Betty Hardwood

- 1 cup margarine or butter
- 2 tsp. vanilla
- 2 tsp. salt
- 1 cup brown sugar
- 7 cups rolled oats
- 2 1/2 cups whole wheat flour
- 1/2 cup wheat germ
- 2 1/2 cups desiccated shredded coconut
- 1 cup slivered almonds or any nut
- 1/2-3/4 cup (or as needed) warm water
- Sesame seeds (optional)

Melt margarine with vanilla, salt and sugar. Don't allow to boil. Place the next 5 ingredients in a bowl and pour in margarine mixture. Squeeze with hand to mix well. Add enough water to make a hard dough. Spread thinly, about 1/4" thick, on cookie sheets. Bake at 225°F until moisture is gone (2 1/2 - 3 hours). Cut into small pieces and eat as cold cereal.

PANCAKE LAYERS DELIGHT

Nalda Ramos

Pancake:

1 egg
1 cup milk
2 tbsp. melted margarine
1 cup all-purpose flour
1/2 tsp. baking powder
1 tsp. soda
1 tsp. salt
1/4 cup sugar
1 tsp. vanilla
1 tsp. almond extract

Spread:

1/4 cup butter
1 cup mango-pineapple preserve
1/4 lb. cottage cheese or 2 bars white Philippine-made cheese

Syrup:

1 cup sugar
1/2 cup water

Blend egg, milk and margarine. Sift dry ingredients and add to liquid mixture. Mix until flour is just moistened. Cook in greased griddles or teflon-coated skillet. Makes 6 or 7 6-inch pancakes. On each pancake, spread butter, mango preserve, thin slices of cheese. Line a 7 - inch skillet with 3 tbsp. syrup. Stack 3 layers of filled pancakes. Pour another 3 tbsp. syrup on top. Cover and heat for 5 minutes. Serve immediately.

RICE VARIATIONS AND NOODLES

PANCIT LUGLUG NO. 1
(Malabon Style)

Juana P. Gapud

1/2 kg. fresh rice noodles or coarse dried noodles, soaked for 1 hour if the latter is used
1/2 cup sliced Chinese or local petsay
1/2 cup boiled mongo sprouts (togue)
1/2 cup sliced native celery (kintsay)
Green onions, finely sliced
Patis to taste
Pepper to taste
Msg.
1/2 cup finely flaked fresh smoked fish (tinapa)
1/2 cup ground or pounded crisp pork crackling (sitsaron)
1/2 kg. fresh shrimps, cooked, shelled, halved and deveined
1 cup cooked oysters
1/2 kg. pork with back fat, cooked and cubed
1/2 cup sliced squid (optional) cooked adobo style
2 hardcooked eggs, preferably duck eggs, sliced lenghtwise
1 head garlic, diced and fried
12 calamansi, halved and seeds removed

Boil 2 qt. water in a large container. Fill a long-handled bamboo basket (luglugan) with noodles and all the vegetables and dip in boiling water for 5 minutes. Drain and pour into a bowl and mix with 2 tbsp. lard, patis and pepper. Add the flaked fish, ground sitsaron and some red sauce. Transfer the mixture to a serving platter and top again with red sauce. Garnish with shrimps, pork, oyster, squid, eggs, fried garlic and additional cracking if desired. Serve with calamansi, pepper and a cup of red sauce.

Red Sauce:

4 cloves garlic, minced
Patis
1/4 cup atsuete water from 1 tbsp. atsuete seeds
4 tbsp. flour, dispered in enough water
1 egg, beaten
Dash msg.

Fry garlic with patis and add the atsuete water. Add 3 cups water and let boil. Stir in flour, reduce heat and cook until sauce thickens. For richer taste add beaten egg and msg.

Serves 8 persons. Use very fresh shrimps, oysters and squid for tasty pancit. Flake your own tinapa and make your own crackling.

PANCIT LUGLUG NO. 2
(Malabon style - a variation)
Juana P. Gapud

Boil the noodles as in No. 1 and mix with sauce below. Garnish with sliced eggs, flaked fish, crackling, fried garlic and green onions, in the same amounts asked for in No. 1.

Sauce:

3 tbsp. lard
3 cakes soybean curd (tokua), diced
1 onion, sliced
Patis
1/4 cup atsuete water from 1 tbsp. atsuete seeds
Pork, shrimps in the same amount as in No. 1
Dash of pepper and msg.

Fry the tokua in 3 tbsp. lard. Saute onions with patis and add the atsuete water. Add the pork and shrimps and saute well. Pour in 2 cups shrimp juice. Thicken with flour as in No. 1. Season with pepper.

PANCIT LUGLUG NO. 3
(Malabon style - another variation)
Juana P. Gapud

Boil the noodle as in No.1 and top with sauce below. Garnish with shrimps, pork,oysters,squid, sliced eggs, flaked fish, ground crackling, fried garlic and green onions.

Sauce:

3 tbsp. lard
3 cakes soybean curd (tokua), diced
1 onion, sliced
Patis
1/4 cup atsuete water from 1 tbsp. atsuete seeds
4 tbsp. flour, dispersed in water and strained
Dash of pepper and msg.

Fry bean cakes in 3 tbsp. lard and add onions with patis. Pour in the atsuete water and saute further. Add the soup stock and the diced pork (cooked beforehand with 1/2 kg. soup bones in 4 cups water) and boil well. Thicken with flour. Reduce heat until the sauce thickens. Add pinch of pepper and msg.

PANCIT LUGLUG NO. 4

Zinnia S. Payawal

1/2 kg. fresh rice noodles (bihon)
2 pc. soybean curd (tokua) squares, cut in strips and fried
2 cups cabbage, shredded
1 cup cut cauliflowers (optional)
1 cup sliced green beans (sitsaro)
1/4 cup chopped kintsay
1/4 cup chopped green onions
1/4 cup crushed garlic
1/2 cup sliced onions
1 raw egg, beaten
1/2 cup atsuete water
3 cups water
2 tbsp. msg.
Salt to taste
1/4 cup ground peanuts
1/2 cup carrots sliced

Saute onions in small amount of oil. Add the tokua, cabbage, cauliflowers, green beans and carrots. Season with 1 tsp. salt and 1 tsp. msg. Cook till vegetables are tender but not overcooked, remove from fire and add the kintsay. Set aside. Dip fresh bihon in boiling water and drain. Keep hot.

Sauce:

Heat 1/4 cup oil. Fry the garlic till golden brown. Remove garlic from oil, leaving a small amount in oil. Add the atsuete water, water, soy sauce, msg. and let boil. Add salt to taste. Dissolve cornstarch in small amount of water and stir into the boiling mixture. Cook for about 5 minutes. Stir in the beaten egg.

How to serve:

Place the bihon on a platter. Pour sauce on top and then spread the vegetables. Sprinkle next with ground peanuts, the fried garlic and chopped green onions. Serve with sliced calamansi.

CHINESE FRESH NOODLES

Sophie Ling

2 1/2 cups flour
1 tsp. salt
1/4 tsp. soda
1 egg
6 tbsp. water

Sift dry ingredients. Beat together eggs and water. Stir in flour and knead into a smooth dough. Cover and let stand about 10 to 20 minutes. Slice thinly with a knife or cut with noodle machine. Cook fresh noodle in boiling water for 2 to 3 minutes until soft. Mix with any of the following:

1. Cooked ground pork and soy sauce.
2. Any kind of soup and serve hot.
3. Chopsuey, but fry noodles first in a little oil.

PANCIT BIHON

Zinnia S. Payawal

1/4 kg. rice noodle (bihon), soaked in water and drained
3 pc. soybean curd (tokua) squares, cut in strips, fried lightly
2 tbsp. chopped native celery (kintsay)
2 tbsp. chopped green onion leaves
2 cups cabbage, thinly sliced
1 cup carrot strips
1/2 cup sayote strips (optional)
1 cup sweet peas (sitsaro)
1/2 cup sliced onions
1 raw egg, beaten
1 tsp. crushed garlic
1/2 cup cooked dried mushrooms (optional)
1/3 cup atsuete water
2 tbsp. soy sauce
1 tbsp. msg.
Salt to taste

In 1/4 cup oil, scramble the egg until golden brown or until oil bubbles. Add the garlic, onions, mushrooms and atsuete water. Let simmer till odor of raw atsuete disappeared. Add the tokua, carrots,sayote, sitsaro and cabbage. Simmer till half done. Add oil as necessary so mixture won t burn. Add bihon, soy sauce, salt and msg. Mix thoroughly. Cook for about 5 minutes. Remove from the fire; add kintsay. Serve in a platter and garnish with chopped green onions and sliced scrambled eggs.

BAM - I NO. 1

Flor Cutillar

1 head garlic, minced
1 onion, sliced
2 cups cooked pork, cut in strips
Meat of 1 small chicken, cooked, sliced into 1/2 - inch strips
1 cup shrimps, parboiled and shelled
1 cup dried mushrooms, soaked and washed in water, cut in strips
1 cup tengang daga, soaked and washed in water, cut in strips
8 to 10 cups chicken stock
1/4 kg. sotanghon, soaked in water for about 30 minutes
Salt and pepper to taste
1 to 1 1/2 cups wheat noodles (miki)
Young green onion leaves, chopped

Saute garlic and onions in hot lard. Add pork, chicken, shrimps, mushrooms and tengang daga. Add soup stock and bring to a boil. When stock boils, add sotanghon. Let boil again and add salt and pepper to taste. Just before serving, add fresh miki. Garnish with green onions.

BAM-I NO. 2

Bing Pages

1/2 kg. chicken, cooked and sliced into thin strips (save broth)
1/4 kg. pork, cooked and sliced into thin strips (save broth)
1/4 kg. fresh shrimps, cooked and shelled
1 Chinese sausage, sliced thinly
2 pc. big dried squid, broiled and thinly sliced
10 pc. dried mushrooms, soaked in water and sliced
2 tbsp. pork fat
1 head garlic, minced
2 onions, sliced
3 tbsp. soy sauce
2 tsp. msg.
Salt and pepper to taste
1/4 kg. sotanghon, soaked in water cut into desrired length, and drained
1 kg. wheat noodles (miki)

Saute garlic and onions in fat, add shrimps, squid and sausage. Add pork, chicken and mushrooms. Season with soy sauce, msg., and salt and pepper. Add chicken and pork broth and cover. Let boil. Shortly before serving, add sotanghon and miki. Cook a few minutes. Serve hot.

CASUY CRAB CASSEROLE

Nalda Ramos

1 envelope (68 grams) cream of mushroom soup
1 cup crab meat
1 cup shelled and deveined shrimps
1 tbsp. msg.
1 cup finely sliced celery
1/4 cup minced onions
1/2 kg. fried eggs noodles (pancit canton)
1 cup casuy nuts, chopped
1 tsp. pepper
Salt to taste

Prepare mushrooms soup as directed in the envelope but use only 3 cups water to dilute the powder. Combine crab meat, shrimps, mushroom-room soup, msg., celery, onions. Put noodles in a greased casserole dish. Pour the crabmeat mixture over the noodles. Sprinkle top with casuy nuts and pepper. Bake 25 minutes in moderate oven.

JAMBALAYA

Nalda Ramos

12 pieces of pork or beef longanisa (regular size)
1 cup cubed ham
1 big onion, chopped
1 med.-sized garlic head, minced
1 cup oysters
1 tbsp. msg.
Salt to taste or patis
1/2 cup finely cut red pepper
6 cups cooked rice, packed
1 cup cleaned cooked shrimps
1/2 cup finely cut green onions
1 tsp. black pepper

Fry longanisa slowly in a greased skillet. Add ham, onions, garlic. Cook until mixture turns golden brown. Add oyster, pepper, msg., salt or patis, red pepper and green onions. Add rice; mix well with the other ingredients. Stir in shrimps and mix well. Serve hot.

HAITIAN RICE AND BEANS

(Main dish in Haiti)

Jean Kauffman

- 6-8 slices bacon
- 2 cups rice
- 1 cup red kidney beans
- 3-4 cups water
- 1/4 tsp. thyme
- 1/2 tsp. marjoram
- 3 whole cloves, crushed
- 5 peppercorns, crushed
- 1 big onions, chopped fire
- 2 cloves garlic, minced
- Salt to taste
- Parsley, chopped (optional)

Fry bacon, drain, crumble, set aside. Save fat. Wash and soak rice 15 minutes, drain and discard water. In a 3-quart pot, cook beans with water, thyme, marjoram, cloves, peppercorns and 2 tbsp. bacon fat until tender. Heat remaining bacon fat in a deep pot. Saute garlic and onions. Add rice, stirring gently until kernels are light brown and coated with oil. Add beans and 2 cups bean water (more if needed) and 1/2 of fried bacon. Cover pot and bring to a boil, then simmer until done. Salt to taste. To serve, top with remaining fried bacon and chopped parsley. Serves 8 to 10.

FRIED RICE

Andrea Aglibut

- 1/2 cup sliced bacon
- 3 eggs, beaten, with a pinch of salt
- 5 tbsp. oil
- 1/3 cup diced onions
- 1 1/2 cups diced chicken and pork
- 6 cups cooked rice
- 1 tsp. salt
- 3 tbsp. soy sauce
- 1 tsp. msg.
- 3/4 cup sliced green onions

Brown bacon in a pan and stir in the beaten eggs. Remove bacon and eggs from the pan. Place 2 tbsp. oil in pan, saute the onions, add meat and simmer for five minutes. When meat is done, remove it from the pan. Place remaining oil in pan, add rice, salt, soy sauce, stirring frequently until rice is slightly brown. Then return the ingredients well and cook for another 5 minutes.

ARROZ A LA VALENCIANA

Victoria Ela

1/3 cup cooking oil
1 head garlic, peeled and crushed
1 onion, sliced
3 tomatoes, sliced
1/2 kg. lean pork, cut into desired pieces
1 young chicken, cleaned and cut into desired pieces
2 chorizos de bilbao, cut into desired size
1 can (8 oz.) tomato sauce
1 bay leaf
Salt to taste
Some peppercorns
1 1/2 cups cooked ordinary rice
1 1/2 cups cooked glutinous rice
1 small box raisins
1 red sweet peppers, sliced
1 cup cooked green peas
3 hardcooked eggs, sliced
Some green olives
2 Chinese chorizos, fried and sliced into desired size

Saute' the garlic, onion and tomatoes one after the other. Add the pork and enough water and let simmer until the meat is half cooked. Add chicken, chorizos de bilbao, tomato sauce, bay leaf, salt, black pepper and enough water. Continue cooking the mixture until the pork and chicken are tender. Then add rice, raisins, sweet pepper and peas. Mix well and serve hot, garnish with slices of hardcooked eggs, olives and delicately fried Chinese chorizos.

ARROZ A LA PAELLA NO. 1

Dionisia Aspiras

1 tbsp. fat
2 cloves garlic, minced
1 small onion, chopped
1/4 kg. pork tenderloin, cubed
6 squids, sliced crosswise
2 cans (8 oz. size) tomato sauce
1 bay leaf
1 cup boiled clam meat
1/2 cup shrimps, cooked and shelled
2 crabs, cooked and shelled
4 cups cooked rice, boiled in chicken stock

1 small can pimiento, sliced (set aside some for garnishing)
Salt and pepper to taste
2 hardcooked eggs, sliced

Saute' the garlic, onions and pork. Add the squid, tomato sauce, bay leaf, clams, shrimps, crabs, rice, chicken and pimiento. Season with salt and pepper. If the mixture is too dry, add a little of the chicken broth.

Transfer dish to a casserole. Pour oil on top of the paella and bake in an oven at 350°F for 20 minutes.

Serve hot, garnish with hardcooked eggs and pimiento.

ARROZ A LA PAELLA NO. 2

Connie Carangal

1/4 cup olive oil
6 cloves garlic, minced
1 small onion, chopped
1/4 kg. cooked pork, diced
6 pc. cooked squid, sliced crosswise
2 cups tomato sauce
1 cup meat from cooked clams
1/2 cup shrimps, cooked and diced
1/2 kg. beef tenderloin, cubed
1 bay leaf
1 tbsp. pimiento
2 hardcooked eggs
Salt and pepper to taste
1 tbsp. msg.

Saute the garlic, onions and pork in olive oil. Add squid, tomato sauce, clams, shrimps, crab meat, chicken, beef and rice. Mix very well. If the mixture is dry, add a little chicken broth.

Transfer mixture to a casserole. Pour oil on top of paella and bake for 20 minutes at 350°F. Garnish with hardcooked eggs and pimiento.

ARROZ A LA MARINERA

Dionisia Aspiras

1 tsp. minced garlic
2 tbsp. chopped onions
1 stalk celery, cut in short lengths
1 green pepper, sliced

1 red pepper, sliced
1/2 cup cooked clam meat
1/2 cup cooked fish cubes
1/2 cup cooked shelled shrimps
1/2 cup cooked crab meat
1 can (8 oz.) sweet peas
1 can (8 oz.) tomato sauce
1/4 cup diced cooked string beans
3 cups broth
6 cups cooked malagkit (glutinous rice)
Salt and pepper to taste
1 chorizo de bilbao, sliced (optional)
Big halaan shells, heated

Saute garlic, onion, celery, green and red pepper; add all seafood and other ingredients. Cover for 1 minute and then add broth. Allow to simmer for another 2 minutes. Add cooked malagkit, blending ingredients well. Season with salt and pepper. Turn once more and then remove from fire.

Stuff the arroz mixture in shells and arrange in a big platter. Garnish.

TAMALES

Bing Salacup

For the dough:
2 coconuts, grated
3 cups water.
2 cups rice flour
1 tsp. salt
1 tsp. msg.
3 tbsp. lard or oil

For the filling:
3 tbsp. fat
3 cloves garlic, macerated
1 onion, cut into small pieces
1 cup cooked pork, cubed
1 cup cooked chicken, in cubed
1 cup ham, cubed
1 cup chopped peanuts
1 tsp. salt
1 tbsp. msg.
2 tsp. black pepper
3 hardcooked eggs, cut into strips

For wrapping:

Wilted banana leaves
String for tying

Extract pure coconut milk. Set aside. Add water to coconut pulp and make a second extraction.

Put the rice flour in a saucepan and pour in 3 cups of diluted coconut milk. Add salt and msg. and cook over slow fire, stirring constantly to prevent lumping. When mixture starts to thicken, add pure coconut milk and continue stirring until dough is done. Remove from fire, add 3 tbsp. lard and mix thoroughly. Set dough aside and cool.

In a skillet, heat 3 tbsp. fat; brown garlic and onions. Add pork, chicken and ham. Add peanuts, salt, msg. and pepper. Let stand for a few minutes and then remove from fire.

To wrap:

Take a piece of banana leaf and place in it 1 tbsp of dough. Flatten well and place 1 tbsp. of filling. Top with a strip of hardcooked egg and then fold dough over filling. Fold banana leaf over dough and tie securely, but not tightly, with a string. Place tamales in pan of water and let boil for 30 minutes. Remove tamales at once from water to prevent their getting soggy.

SPAGHETTI SAUCE AND MEAT BALLS

(For a crowd)

Mr. Dan Torio

Sauce:
4 tbsp. oil
2-3 onions, finely chopped
4-5 cloves garlic, finely chopped
Salt
4 cans (no. 2) whole tomatoes, mashed in liquid
2 cans (6 oz.) tomato paste
3 cans water (measured in paste can)
Fresh parsley, cut up
Pinch of oregano

In oil, saute onions and garlic. Add the remaining ingredients and simmer until well blended.

Meat balls:
1/2 kg. ground pork
1 kg. ground beef

3 cups bread crumbs, softened in water and mashed
2 onions, chopped
1 head garlic, chopped
1 tbsp. salt
1 tsp. pepper
2 tbsp. chopped parsley
4 tbsp. sugar
4 eggs
Dash of basil
3 tbsp. grated Parmesan cheese
Oil to brown balls

Mix all ingredients together except oil and form into little balls. Brown in hot oil, remove and simmer in sauce. Serve with spaghetti cooked in salted water.

ALMONDIGAS MESTIZA

Betty C. Dangilan

1 cup pre-cut spaghetti or 1 bundle miswa
1/4 kg. ground pork
1/2 to 1 cup shrimps, shelled and chopped
1/4 cup celery, sliced
2 eggs
2 tbsp. all-purpose flour
1 1/2 tsp. salt
1/2 tsp. msg
1 tbsp. lard
1 tsp. garlic, minced
1/3 cup onion, chopped
4-5 cups shrimp juice
1/2 tsp. salt
1/4 tsp. pepper

Cook pre-cut spaghetti as directed on package. Drain and set aside. Mix together pork, shrimps, celery, eggs, flour, salt and msg. Form into balls. Saute garlic and onion in heated lard. Pour in shrimp juice and allow to simmer for some time. Drop meat balls in shrimp juice one at a time and simmer until meat is cooked. Add cooked spaghetti or miswa. Season with salt and pepper. Serve with patis and calamansi if desired.

4 to 6 servings.

MACARONI TREAT

Paz E. Lacuna

2 cups macaroni, cut into 1 1/2" lengths, half-cooked and drained
3 cloves, garlic, crushed
1 onion, sliced
1 can (no. 2) whole tomatoes
1 can (6 oz.) tomato paste or 1 can tomato sauce
1 cup cooked chicken, flaked
2 chorizos de bilbao, cut into small pieces
1/4 cup ham, cut in strips
3/4 cup grated cheese
1 to 2 cups soup stock
1/2 cup evap. milk
Salt and pepper to taste

Saute garlic, onions and canned tomatoes. Add chicken, chorizo de Bilbao and ham. Simmer covered a few minutes. Add soup stock and let boil. Add 1/2 cup grated cheese and milk. Just before liquid boils, add macaroni and gently stir mixture. Transfer macaroni dish to a casserole, sprinkle top with remaining cheese and bake a few minutes in oven at 370° to 400°F.

If you wish to save fuel, you can omit baking the dish. Serve hot with cheese sprinkled on top.

CREAMY MACARONI CASSEROLE

Zinnia S. Payawal

1 pkg. salad macaroni
2 tbsp. cooking oil
1/3 cup onion, chopped
1/2 cup green pepper, diced
1/4 cup red pepper, diced
1 cup chicken, cooked and diced
1 cup ham, diced
1 can (8 oz.) tomato sauce
1/2 tsp. salt
1/4 tsp. pepper
Creamy Sauce:
1 tsp. butter
2 tbsp. all-purpose flour
1 can evap. with
1 tsp. salt
Dash of pepper
1 tsp. Worcestershire sauce

Preheat oven to moderate heat (350°F). Cook macaroni as directed in the package, drain and set aside. Saute onions in cooking oil. Add green and red pepper, diced chicken and ham. Pour in tomato sauce and season with salt and pepper. Stir to blend and allow to simmer for a while. Add macaroni and put mixture in a pyrex dish. Set aside.

Sauce:

In a double boiler, melt the butter. Add flour, milk, salt, pepper, and Worcestershire sauce. Stir continuously until sauce thickens. Cover macaroni mixture with the sauce and top with grated cheese. Bake until top turns golden brown, about 10 to 20 minutes.

LASAGNA NO. 1

Martha Brady

Lasagna Sauce:

3 tbsp. olive or salad oil
1 cup onion, chopped
1 clove garlic, finely chopped
1/2 cup celery, chopped
Approx. 450 gm (1 lb.) ground beef
Approx. 225 gm (1/2 lb.) ground pork or mild Italian sausage
1 1/2 tsp. salt
1/4 cup tomato juice
1/4 to 1/2 tsp. dry crushed red pepper
2/3 cup tomato paste
3 cups Italian tomatoes
1/4 to 1/2 tsp. oregano
1/4 to 1/2 tsp. basil
1/8 tsp. black pepper

Heat oil in skillet, add onion, garlic and celery and saute until brown. Add meat and saute until brown. Pour off drippings. Season with salt and pepper and add 1/4 cup tomato juice. Cover and steam a couple of minutes. Add remaining ingredients, cover and cook over low heat 1 hour. If sauce is too thin, remove cover and cook to desired thickness. Set lasagna sauce aside.

Heat oven to 350°F. Place ingredients listed below in layers in a baking dish. Begin with a layer of meat sauce, a layer of lasagna, then a layer of alternate row of mozarella and cottage cheese. Repeat building up layers about three times until you end up with the meat sauce. Bake 20 to 30 minutes. Serve with grated Parmesan cheese sprinkled on top.

1 qt. meat sauce
Approx. 225 mg. (1/2 lb.) lasagna noodles, cooked as directed in pkg.
Approx. 336 gm (3/4 lb.) mozzarella cheese

Approx. 337 gm. (3.4 lb.) ricotta or cottage cheese
2 to 3 tbsp. parmesan cheese, grated

LASAGNA NO. 2

Nalda Ramos

5 oz. lasagna
1 chorizo bilbao, Filipino style, fried in margarine, thinly sliced
2 tbsp. margarine
1 medium head garlic, minced
1 medium onion, chopped
450 gm (1 lb.) ground beef
1 cup ground ham
1 can (no. 2 can) whole tomatoes, chopped
2 cups tomato catsup
1 1/2 cups condensed cream of mushroom soup
Salt and pepper to taste
1 tbsp. msg.
1 bay leaf
1 tsp. oregano
2 cups cottage cheese (Magnolia or Sta. Cruz cheese)
1/2 lb. gouda cheese or cheddar processed cheese, sliced very thin
about 2" square.

Prepare lasagna as directed in package. Brown garlic and onions in the same margarine where chorizo was fried. Add ground beef and ham. Cook until brown and dry and fat starchs to come out. Add chopped tomatoes, catsup and mushroom soup. Simmer for 10 minutes. Add seasonings and simmer 5 minutes more. Grease a pyrex dish with butter. Arrange a layer of lasagna, and cottage cheese. Repat building up of layers 3 times until you end up with the cheese layer. Pour 1/2 cup tomato juice on top. Bake at 350°F for 20 minutes until cheese melts.

DESSERTS AND SNACKS

SANS RIVAL NO. 1

Nalda Ramos

1 cup egg whites
1 1/2 cups sugar
1/2 tsp. cream of tartar
1/2 cups chopped casuy nuts
1 cup butter
1 can (14 oz.) condensed milk
1 cup chopped toasted casuy nuts
1 tsp, almond flavor

Beat egg whites and cream of tartar until frothy. Add sugar gradually beating well after each addition. Beat until stiff and glossy. Fold in 1 1/2 cups chopped nuts.

Line pan or cookie sheet 13" x 17" x 1" with wax paper greased generously with oil. Pour beaten whites into pan and bake at 25° — to 300°F 50 to 60 minutes. Meanwhile, prepare butter icing.

Cream butter until light. Gradually add condensed milk. Add flavoring. Divide the baked torte into two. Spread over half the torte 1/2 butter icing and half of toasted casuy nuts. Put the other half of torte on top of the first half. Spread over top rest of butter icing and sprinkle casuy nuts. Chill.

SANS RIVAL NO. 2

Nalda Ramos

1 cup egg whites
1/2 tsp. cream of tartar
1 1/2 cups white sugar
1 1/2 cups chopped casuy nuts
1 cup sugar
2/3 cup water
8 egg yolks, beaten
3/4 cup butter
1 cup toasted casuy nuts

Line a pan 13" x 17" x 1" with wax paper greased generously with oil.

Beat whites and cream of tartar until frothy. Add sugar gradually, beating well after each addition. Beat until stiff and glossy. Fold in 1 1/2 cups chopped nuts. Pour beaten whites into pan and bake at 250°F for 50 to 60 minutes. Meanwhile, prepare filling. Boil together sugar and water. Remove from heat. Add beaten yolks and stir vigorously. Chill. Cream butter until light. Add yolk mixture. Divide the torte in two. Spread filling on each torte. Sprinkle 1/2 cup toasted casuy nuts on each. Put layers on top of each other.

To have thinner layers, you can bake egg white mixture in more pans to make 3 layers.

LECHE FLAN NO. 1

Linda Juliano

Syrup:
1/4 cup brown sugar
1/4 cup water
Flan:
6 egg yolks
1 can (14 oz.) condensed milk
1/2 cup evap. milk
1 tbsp. lemon extract

To make syrup, add water to sugar and boil until thick. Pour into leche flan mold. Cool.

Stir gently egg yolks with wooden ladle until well blended. Add condensed milk, evap. milk and lemon extract, stirring very well. Pour mixture into mold coated with syrup. Bake in preheated oven at 350°F for 30 minutes.

LECHE PLAN NO. 2

Nalda Ramos

1 can (14 oz.) evap. milk
1/2 cup white sugar
1 tsp. salt
1 can (14 oz.) condensed milk
5 eggs, slightly beaten
1 tsp. vanilla
1 tbsp. dayap or calamansi rind
Caramel syrup:
1 cup refined sugar
1/2 cup refined sugar

Scald evap. milk with the sugar and salt. Add the next 3 ingredients, stirring very well. Let stand for 20 minutes to get rid of air bubbles. Meanwhile, prepare caramel syrup. Melt sugar in a pan over high heat. When melted and golden yellow, reduce heat to low and add hot water slowly. Line a flan ring with the caramel syrup. Pour milk mixture into the flan ring through a strainer. Put flan ring in a pan of water. Bake.

LECHE FLAN NO. 3

Victoria Ela

4 cups fresh milk
12 egg yolks
1 1/2 cups sugar divided into two portions of 3/4 cup each
Grated rind of 1 lime or vanilla for flavoring

Scald the milk in a double boiler for 15 minutes. Caramelize 3/4 cup sugar and coat the sides and bottom of a mold. Blend the egg yolks, add the remaining 3/4 cup sugar, milk and flavoring. Pour the mixture into the mold through a strainer. Place mold in a bigger half filled with water and bake at 350°F until the mixture becomes firm. Cool, invert mold over a platter and lift up mold carefully. Scrape syrup sticking to mold and pour it over the flan.

PUDDING A LA LECHE FLAN

Lily Saplala

Caramel syrup:
1 3/4 cups sugar
1/2 cup hot water

Melt sugar in a pan, and gradually add hot water. Line two molds with caramel syrup. Set aside and cool.

Pudding:
2 loaves day-old bread (remove crusts), finely shredded
3 3/4 cups evap. milk
1 can (14 oz.) condensed milk
1 1/2 cups sugar
8 eggs, slightly beaten

Mix all well; let stand for 30 minutes and then pour into molds lined with caramel syrup. Place molds in a pan of water in the oven and bake (325° to 350°F) for an hour or until pudding is firm.

CHRISTMAS SPECIAL

Martha Brady

First layer:
1 pkg. raspberry jello
2 cups hot water
1 cup chopped cranberries
Second layer:
1 pkg. orange jello
1 cup hot water
1 cup orange juice
1 to 3 oz. cream cheese
1/2 cup heavy cream, whipped
Third layer:
1 pkg. lime jello
2 cups hot water
1/2 cups grapes, seedless
1/4 cup chopped celery

Dissolve jello in boiling water as directed in package. Pour into mold. Allow to thicken to the consistency of unbeaten egg white and add chopped cranberries. Follow the same procedure for the second layer. Wait for first layer to set before adding second layer, and so on with the third layer.

COCO GEL

(A frozen delight)

Lyn Sy

2 cups pure coconut milk
  (3 to 4 coconuts, grated)
4 tbsp. Knox unflavored gelatin (about 2 packets)
1 cup sugar
3 egg whites
3/4 tsp. salt

Extract pure milk from coconuts. Set aside. Dissolve the gelatin in a saucepan with 3/4 cup cold water. Add 1 cup water and the sugar. Boil for 8 minutes; set aside to cool. Beat until stiff the egg whites and the salt. Gradually add 1 tbsp. sugar and continue beating for 2 minutes. Pour in gradually the coconut milk while beating continously. Stir in the gelatin mixture. Transfer to a serving dish and chill in the refrigerator or let it set in an ice bath.

COCO CREME GULAMAN

Helen L. Valmayor

2 med.-sized coconuts, grated
3 cups water
1 1/2 cups water
3 bars red gulaman, washed and drained

Save the water of the coconuts. Add water and extract milk from coconuts. Combine coconut milk and coconut water to make 7 cups. Add the sugar. Boil the mixture and add the gulaman. Continue boiling until the gulaman is dissolved. Stir constantly. Cool, pour into mold and chill.

SPANISH CREAM

Anita Panggat

1 bar white gulaman
1/2 cup water
1/2 cup pineapple juice
1 cup white sugar
1 cup evaporated milk

Boil gulaman in water and pineapple juice until dissolved. Strain. Add the rest of the ingredients and blend well. Pour into a mold and chill.

COCONUT CUSTARD

Flor Cutillar

1 coconut, grated
1 1/2 cups water
1/2 cup sugar for caramel syrup
4 egg yolks
2 egg yolks
1 cup sugar
1 cup evap. milk
1 tbsp. calamansi rind

Add water to coconut and extract milk. Set aside. Melt sugar in a mold over high heat until golden brown and a little thick. Line mold with caramel syrup. Set aside. Beat egg whites and yolks together. Avoid foam formation. Add sugar, coconut milk and evap. milk. Mix well. Flavor with calamansi rind. Pour mixture into mold to about 2/3 full. Place mold in bigger vessel with hot water and bake in a moderate oven until custard is firm. Chill. Unmold. Serve with tinted bocayo.

ALMOND JELLY WITH LYCHEES

Nalda Ramos

- 2 bars gulaman (red and white)
- 3 cups water
- 1 cup sugar
- 1 cup evaporated milk
- 2 tsp. almond flavor
- 1 can (10 1/2 oz.) lychees
- 1/2 cup sugar
- 1 cup ice water and ice cubes

Cook gulaman separately in 1 1/2 cups water until melted. Strain and set in a pan. Add half of sugar, milk and flavor in each. Chill. Cut in cubes. In a bowl mix gulaman with the contents of 1 can lychees 1/2 cup sugar and 1 cup of ice water. Place about 6 ice cubes on top just before serving.

CULAB JAMUNS

Indian

(Milk sweets in syrup)

H. Khush

- 1 cup powdered milk
- 2 tbsp. white sifted flour
- 1 tsp baking powder
- 1/2 tbsp. yogurt or butter
- 3 to 4 tbsp. fresh milk
- Oil for deep fat frying
- 2 cups sugar
- 3 cups water
- 1 tsp. rose water or vanilla flavor

Mix powdered milk, flour baking powder and yogurt. Add fresh milk a little at a time kneading dough until mixture is smooth, shiny and spongy. Divide and mold the dough into walnut-size balls and deep fry until golden brown. Drain, Make the syrup by dissolving the sugar in the water over low heat. Then boil rapidly for five minutes. Set aside to cool and add flavor. Soak the sweets in the syrup for at least 4 hours before serving.

TEA-TIME TASSIES

Ginny Metz

Cheese pastry:
1 3 oz. pkg. cream cheese
1/2 cup butter or margarine
1 cup sifted flour

Pecan filling:
1 egg
3/4 cup brown sugar
1 tbsp. soft butter
1 tsp. vanilla
Dash salt
2/3 cup coarsely broken pecans

Let cream cheese and 1/2 cup butter soften at room temperature. Blend. Stir in flour. Chill for 1 hour. Shape into a dozen 1-inch balls. Place in tiny ungreased 1 3/4" muffin cups. Press dough on bottom and sides of cups. Set aside.

Beat together egg, sugar soft butter, vanilla and salt until smooth. Divide half of pecans among pastry-lined cups. Add egg mixture on top with remaining pecans. Bake 25 minutes at 325°F. Cool; remove from muffin cups.

COFFEE CREAM PUFFS

Dionisia Aspiras

1/3 cup butter or margarine
1 cup hot coffee
1 cup sifted flour
1/4 tsp. salt
4 eggs

Melt butter or margarine in hot coffee. Add flour and salt all at one time and stir vigorously over low heat until mixture is smooth and leaves the sides of the pan. Remove from heat. Stir in unbeaten eggs one at a time. Continue beating until mixture is very thick. Drop by tablespoonfuls on greased baking sheet, 1 1/2 inches apart, piling dough high. Bake in hot oven 450°F. 20 minutes. Reduce heat to moderate, 350°F, and bake 20 minutes more. Remove from baking sheet and cool. Make a cut on the top fill puff with Coffee Whipped Cream Filling, and return top. Makes 12 medium-sized puffs or 3 large ones.

Coffee whipped cream filling:

1 cup whipped cream
1 tbsp. instant coffee
1/3 cup confectioner's sugar

Blend all ingredients well and scoop into cream puff

CHOCOLATE MAYONNAISE CAKE

Susan Hargrove

1 cup sugar
1 cup mayonnaise (no substitute)
2 cups enriched flour
1/2 tsp. salt
1/3 cup cocoa
2 tsp baking soda
1 cup cold water

Cream together sugar and mayonnaise until smooth. Stir together dry ingredients. Thoroughly blend flour mixture into creamed mixture alternately with water, beginning and ending with flour. Pour into greased pans and bake 25 to 35 minutes in a preheated oven at 350°F. Cool ten minutes before removing from pans.

YEMA CANDY

Betty C. Dangilan

1 can condensed milk
1-2 tbsp. butter or margarine
4-8 egg yolks
1 tsp. lemon extract or lemon rid

Beat the egg yolks; mix with condensed milk, butter or margarine and lemon extract. Cook mixture in a large frying pan (kawali) over low heat. Use a wooden spoon or coconut ladle to stir the mixture. Do not stop stirring the mixture until it is cooked. The mixture is cooked when it no longer sticks to the pan and it rolls in one mass over the wooden spoon.

Cool and shape into balls and coat with caramel.

Caramel:

Melt 2 cups sugar in large frying pan (kawali) over low heat. Keep stirring.

Coat the balls with caramel one at a time, using a spoon. Place coated balls on a greased pan Cool and wrap individually with cellophane. Keep yemas in a tightly covered container.

About 50 or more pieces.

SANTOL PRESERVE

Juana P. Gapud

25 ripe but fresh santol, preferably the variety with thick pulp
rice washings
lime water
1 kg. granulated sugar
2 cups water

Boil the santol in enough water until partly tender. Remove from water and let cool. Pare thinly with a sharp knife and halve each fruit crosswise. Remove the seeds.

Soak fruits in rice washing overnight. The next day wash in clean water and soak again in fresh rice washing for 5 hours. Then rinse in clean water and soak in lime water half a day or for the rest of the day. Rinse well and boil in a copper pan (tacho) for 5 minutes. Drain well in a colander.

Boil 2 cups water and 1 kg. sugar to make a very thick syrup. Add the drained santol and let boil for 10 minutes. Remove from fire, cool and keep fruits in syrup overnight. Remove fruits from syrup, boil the now thinner syrup and add 2 more cups sugar to thicken. Then drop the fruits into the thickened syrup and boil again until santol pulp hardens and is coated with the thick syrup. Cool and keep in clean bottles. This preserve lasts for months and can be candied by allowing the thick syrup to caramelize and cover each fruit.

RICE CAKES, PUDDINGS AND BIBINGKAS

CASSAVA PUDDING

Anita Panggat

1 med. sized coconut grated
1 cup water
4 cups grated cassava
2 eggs
2 1/2 cups second class sugar
1 can (14 oz.) evap. milk
1 cup grated cheese
Topping:
1 cup condensed milk
2 eggs
1 tsp. flour
2 tsp. sugar

Add water to coconut and extract milk. Combine coconut milk and the rest of the ingredients. Mix thoroughly. Pour into a greased pan and bake at 350°F until done.

Mix the ingredients for topping and spread on top of the newly baked pudding. Return to oven until topping gets brown.

CASSAVA BIBINGKA NO 1

Dolly Sison

3 cups grated cassava
1 1/4 cups white sugar
1 to 1 1/2 cups milk
1 egg, well beaten
1 cup slivers of young coconut (buko)
1/2 tsp. vanilla extract
1/2 cup melted margarine or butter
1/2 cup shredded cheddar cheese (optional)

Mix all ingredients together. Pour into an 8" x 8" x 2" pan. Bake in the oven at 350°F. Cool before slicing

CASSAVA BIBINGKA SPECIAL NO. 2

Lil E. Gatmaitan

2 eggs
2 cups sugar

- 5 tbsp. melted margarine
- 1 big can evap. milk or 1 can condensed milk (14 oz.)
- 4 cups grated cassava
- 1 cup scraped buko
- 8 tbsp. grated cheese

Beat together eggs, sugar, melted margarine and the milk. Mix in the grated cassava scraped buko and half of the grated cheese. Mix well. Line a small rectangular pan with banana leaves and pour in the mixture. Bake in a moderate oven. When almost golden brown, brush with butter and sprinkle the top with a little sugar and the remaining cheese. Continue baking until golden brown.

CASSAVA BIBINGKA No.3

(With cream topping)

Tenny M. Vega

- 2 med-sized coconuts, grated
- 2 1/2 cups water
- 1 kg. cassava, grated
- 1 can (14 oz.) evap. milk
- 3 eggs, slightly beaten
- 2 cups water
- 1/2 cup butter, melted
- 1 can (14 oz.) sweetened condensed milk

Extract pure milk from coconut. Set aside. Add water to the pulp and make a second extraction for the diluted coconut milk.

Combine the cassava, evap. milk, eggs, sugar, butter and diluted coconut milk. Stir until sugar is completely dissolved. Pour into 3 well-greased loaf pans. Bake at 325°F until firm but not brown. Pour topping and continue baking at 400°F until surface turns brown.

To prepare topping:

Blend well pure coconut milk and sweetened condensed milk.

CASSAVA SUMAN

Dolores Sacay

- 3 cups grated fresh cassava (kamoteng kahoy)
- 1 cup grated coconut (alangan or nearly matured)
- 1 cup sugar
- 2/3 cup condensed milk
- Banana leaves for wrapping, wilted in hot water

Combine all ingredients. Wrap in banana leaxes. Arrange suman in a pan. Put enough water to cover 2/3 of the pile of suman. Let boil and stimer until done

CASSAVA NUT ROLL

Lil E. Gatmaitan

2 med-sized coconuts, grated
1 cup water
4 cups grated cassava
2 cups sugar
Ground peanuts

Mix the above ingredients except the peanuts. Cook over low heat. When mixture thickens, remove from fire and allow to cool. Spread on cellophane or waxed paper and roll out with a rolling pin to about 1/4" thick. Sprinkle peanuts evenly over the flattened mixture. Roll it up and slice.

Note: 1 can (14 oz.) evap. or sweetened condensed milk may be substituted for the coconut and water.

PALITAO

Emma Orlido

3 cups galapong (made from 2 parts glutinous rice and 1 part ordinary rice, ground and drained)
2 cups shredded young coconut
1 cup white sugar
1 tbsp. sesame seeds (linga), toasted, then ground or pounded

Knead and mold galapong into desired shape (tongue, round, etc.) Drop one by one into a pan of boiling water. Cooked palitao comes to the top. Drain and let cool in a plate. Roll in shredded young coconut. Serve with sugar and pounded sesame seeds.

PINIPIG TREAT

Lina L. Ilag

5 to 6 cups pinipig, toasted
40 large-sized marshmallows, white or colored
1/4 cup margarine or butter

Melt margarine or butter in a 3-qt. saucepan. Add marshmallows and cook over low heat, stirring constantly until they are melted. Add toasted pinipig and stir until well coated. Press warm mixture firmly into buttered 13 x 8 x 2-inch pan or dish. Cut into squares when cool.

PITSI PITSI

Nalda Ramos

3 cups pinipig, cleaned
1 to 1 1/2 cups coconut water
1 can (14 oz.) condensed milk
3 tbsp. butter or margarine
1/4 tsp. salt
1 large mature coconut, grated

Put pinipig in a colander and pass running water through to clean. Drain. Combine in a skillet the coconut water, condensed milk, butter or margarine and salt. Add pinipig. Cook over low heat; stir mixture constantly until it is thick, sticky and dry. Roll by tablespoonfuls on grated coconut.

HALAYANG UBI

Emma Orlido

1 cup margarine
2 cans (14 oz.-size) evap. milk
2 kg. white sugar
2 tbsp. vanilla
3 kg. ubi, cooked and mashed
2 tbsp. butter

Melt 1/2 cup margarine in a carajay.. Pour in milk, stirring well to avoid burning.. Add water and vanilla. When sugar has fully melted, add the ubi little by little. Stir continuously over low fire. Add a small amount of margarine to sides of carajay to reduce sticking. When ubi is thick and dry, put it in margarine-greased platters and then smoothen surface with butter.

BANANA FRITTERS

Nalda Ramos

1 cup sifted all-purpose flour
1 1/2 tsp. baking powder

1/2 cup sugar
1 tsp. salt
1 egg
1/3 cup milk
1 tsp. vanilla
2 cups mashed ripe saba bananas

Sift the flour, baking powder, and salt into a bowl. Add sugar, eggs milk, vanilla and bananas. Blend well. Drop by tablespoonfuls in deep hot fat until brown. Roll in sugar and serve.

PILIPIT

Emma Orlido

3 cups galapong (made from 1 part glutinous rice and 1 part ordinary rice, ground and drained)
1 cup shredded young coconut (alangan)
2 tbsp. atsuete extract
2 cups vegetable oil
1 cup coconut water (from alangan)
1/5 kg. panutsa

Mix well drained galapong, coconut and atsuete extract. Knead and mold into desired shapes (doughnut, 8-,U, etc.). Fry in deep hot oil. Set aside to cool. In a carajay, melt panutsa in coconut water over high heat until mixture turns golden brown. Gradually reduce heat when big bubbles come out and mixture is about to crystallize. Remove from fire. Coat fried pilipit one by one on one side only with melted panutsa. Let cool and then serve.

GUINATAANG PALAROSDOS OR GUINATAANG BILOBILO

Emma Orlido

2 1/2 cups galapong (made from 2 parts glutinous rice and 1 part ordinary rice, ground and drained)
2 med.-sized coconuts, grated
4 cups cubed gabi (Calamba var.)
1 cup cubed sweet potatoes
1 cup sliced rice saba bananas
1/2 kg. refined sugar
1/2 cup drained galapong
1/4 cup ripe jackfruit (nangka) or anis

Extract pure coconut milk. Set aside. Add water to pulp and make a second extraction. Set aside.

Hold into small balls (bilo-bilo) 2 1/2 cups of drained galapong. Set aside. Cook separately ubi, gabi and sweet potatoes in 4 cups coconut milk. Set aside. In the same coconut milk, cook bilo-bilo and banana. Stir so that balls do not stick to the bottom of the pan. Balls come to the surface when cooked. Put sugar and 1/2 cup of galapong thinned 1 cup of diluted coconut milk. Bring to ε boil. Add cooked ubi, gabi and sweet potatoes. Let boil and add thick coconut milk and nangka (or dash of anis.) Let boil for one minute. Cool and serve.

KHEER
(Rice Pudding)

Indian

H. Khush

1/3 cup rice
4 cups milk
1/4 cup sugar
Pinch salt
1 tbsp. crushed cardamon seeds

Wash the rice thoroughly and combine with milk in a heavy pan. Simmer for 1 1/2 hours. Stir frequently. When the mixture is the consistency of thick cream, add the sugar and salt. Cook for a few more minutes until mixture thickens again to a creamy consistency. Remove from heat and add flavoring. Serve cold.

FRESH COCONUT MACAROONS No. 1

Dionisia Aspiras

3 cups shredded fresh coconut
1 tsp. vanilla
2/3 cup condensed milk

Combine all ingredients and drop by teaspoonfuls into well greased baking sheet about 1 inch apart. Bake in a moderate oven (350^{O}F) for 8 to 10 minutes. Let cool slightly and remove from rack. Yield: 24 macaroons.

FRESH COCONUT MACAROONS No. 2

Fe Baclig

4 cups grated coconut
3 cups white sugar

1 1/3 cups evaporated milk
1 tsp. salt
2/3 cup flour
2 tbsp. dayop or lemon rind
4 egg yolks

Mix coconut, sugar, salt, milk and flour. Cook until half done, stirring constantly. Remove from fire to cool a little. Add rind and egg yolks. Stir well and continue cooking until dry. Spoon into papercups and bake until light brown at moderate heat.

MACAPUNO MACAROONS

Nalda Ramos

1 cup sugar
1 1/2 cup macapuno
2 tbsp. butter
1 tbsp. lemon or calamansi rind
2 egg yolks or 1 egg
1/4 tsp salt

Melt sugar over low heat. Add macapuno and butter, stirring constantly. Continue cooking until dry. Remove from heat. Add rind, egg yolks and salt. Stir until well blended. Spoon into paper cups and bake 350°F for 20 minutes until golden yellow.

BAKED MACAPUNO

Dolores Dacay

1 1/2 cups macapuno (1 big macapuno)
1/2 cup water
1 cup sugar
3 eggs
Anis leaves

Boil sugar and water until sugar dissolves. Add macapuno and bring to a boil. Remove from fire and add beaten eggs. Combine well. Add anis. Line a pyrex dish or pan with wilted banana leaves. Pour macapuno and bake in moderate oven until top is golden brown.

BUKO (or MACAPUNO) PUDDING

Dionisia Aspiras

2 cups buko water
4 cups grated buko meat
4 cups white sugar
4 to 6 egg yolks, beaten
1/2 cup Madeira or any red wine
Anis seeds or lime peel

Boil together buko water and sugar to make a thick syrup. When syrup thickens, add grated buko meat. Season with a few anis seeds or with lime peel. When the mixture is thick, remove from fire and cool a bit. Stir in beaten egg yolks with 1/2 cup Madeira or any red wine. Transfer mixture to a baking dish or pyrex casserole and bake in a moderate oven 350°F until mixture is firm. Cool and then place in the refrigerator.

The more expensive macapuno may be used instead of buko to make macapuno pudding.

CAMOTE PUDDING

Sally Navero

2 cups cooked mashed sweet potatoes (camote or yam)
4 tbsp. butter , melted
2/3 cup brown sugar
2/3 cup refined sugar
4 eggs, well-beaten
2 tbsp. vanilla
2/3 cup milk

Preheat oven to 350°F. Grease pan. Mix the above ingredients and pour into pan. Bake until done. Serve hot or cold.

MAJA BLANCA

Isolina Calma

1 8-oz. box corn starch
3 coconuts, grated
3 cups sugar
3 cups fresh milk
Lemon rind

Add about a cup of water to the grated coconut and extract a thick coconut milk. Ser this aside for making "latik" or coconut oil residue to garnish the maja blanca.

Continue making the second or third extractions, adding water each time to get one half gallon (8 cups) of diluted or thin coconut milk. Then mix all the ingredients in a bigger container and cook for 30 to 40 minutes, stirring constantly, until the mixture sets and appears transparent. Remove the lemon rind. Transfer mixture to flat-bottomed dishes about 2 inches deep to cool and set some more. Then slice to desired size and shape, topping each slice with a pinch of "latik".

Latik

Cook the thick coconut milk on low heat for about 1 to 1 1/2 hours, stirring now and then until oil comes out and the frothy cream on the surface settles down as a sweet brown residue. Remove the oil and scrape off the residue.

MAJA BLANCANG MAIS

Lily Saplala

2 coconuts, grated
2 cups sugar
1 1/2 cups cornstarch
1 can (14 oz.) evep. milk
1 can (17oz. or approx. 2 cups) cream corn

Add water to grated coconut and extract milk to make 4 cups. Combine milk with all other ingredients and cook over slow fire until mixture thickens. Pour mixture into a mold. Cool before serving. Refrigerate leftover.

GUINATANG MAIS

Victoria Ela

(Good while corn is in season)

2 coconuts, grated
1 cup glutinous rice (malagkit)
1 cup shredded sweet or glutinous corn
1/2 cup sliced ripe jackfruit (nangka or langka) segments
1 cup sugar
1 tsp. salt

Extract pure milk from the coconuts and set milk aside. Make a second extraction from the coconut pulp to make 8 cups more or less of thin milk.

Wash rice and boil in thin coconut milk. When the rice is half cooked, add corn, jackfruit, sugar and salt, and continue cooking mixture with occasional stirring until rice and corn are soft.

Serve dish hot with a teaspoon or two of thick coconut milk added to each serving.

FRESH YOUNG CORN PUDDING NO. 1

Flor Cutillar

- 1 tsp. butter
- 3 dggs, beaten until foamy
- 1 1/2 cups evaporated milk
- 2 tbsp. melted butter
- 2 cups scraped young corn kernels without hulls but with the milky corn juice scraped off with a sharp knife

Grease 1 1/2-quart pan or casserole with butter. Set oven to moderate heat. Add to beaten eggs the milk, melted butter, young corn and enough sugar to taste. Mix well and turn mixture into greased pan. Bake pudding in 350°F for 30 to 40 minutes. Do not overcook. Test doneness by inserting knife blade into center of pudding. It is done if blade comes out clean.

FRESH YOUNG CORN PUDDING NO. 2

(Popular as "baki" to Visayas)

Nora Flores

Except for the greasing butter, use the same ingredients called for in No. 1. For variety, substitute thick coconut milk for evap milk. And for a more rustic touch, omit the eggs and melted butter, leaving only the scraped young corn kernels and its milky juice, coconut milk and sugar to taste. This mixture is then spooned into very native and very original molds made out of young corn husks, overlapped and folded at the tapered ends and tied around with husk strips to form empty shells or tubes with open mouths. Fill the shells 2/3 full. Stand them in a deep container with an inch of water at the bottom and steam until mixture becomes firm

PETIT FOURS

(A Pampanga version)

Alejandria Casin

- 1 whole egg
- 1 egg yolk
- 1/3 cup white sugar
- 3 tbsp. fresh butter
- 1 cup toasted casuy, ground

Mix and beat thoroughly the first four ingredients. Add casuy and mix well. Spoon into tiny multicolored oil paper cups about 1 inch in diameter. Bake in moderate oven at 350°F. Top with slivers of casuy and cherries before end of baking time.

BIBINGKA

(This goes well with iced or hot tea for an afternoon snack)

Victoria Ela

- 2 coconuts, grated
- 2 cups glutinous rice (malagkit)
- 1 tsp. salt
- 3 1/2 cups brown sugar
- Anis seeds

Extract pure coconut milk. Set milk aside. Make a second extraction from the coconut pulp to make 3.1/2 cups more or less of thin milk.

Place the thin coconut milk in a carajay. Add the glutinous rice and salt and cook the rice until it is dry, stirring now and then to prevent the rice from sticking to the bottom of the container and burning. Lower the heat and add 2/3 cup brown sugar. Line a bibingkahan (a native clay oven) with wilted banana leaves. Pour the mixture of rice into it, smoothen the top and then pour over it the thick coconut milk, the rest of the sugar and a few seeds of anis. Set the bibingkahan oven, i.e., put live coals below and on top (in the cover). Bake the bibingka until the top turns brown.

You can bake the bibingka in an electric or gas oven instead of in the native bibingkahan. Bake the bibingka at 350°F. Slice and serve hot with iced or hot tea.

CAKES

CANADIAN FRUIT CAKE

(A quickie)

Thelma Robertson

2 cups flour
1 tsp. baking soda
1 tsp. cinnamon
1 tsp. ginger or 1/4 cup juice from boiled fresh crushed ginger
1 cup sugar
1/4 lb. butter or margarine (or 1/2 cup)
1 cup currants or glazed fruits
1 cup raisins
2 eggs

Sift the first four ingredients. Set aside. If fresh ginger is used, boil it for three minutes together with the sugar, butter, raisins, glazed fruits and 1 cup of water. Cool. Add the eggs to the dry ingredients then followed by the fruit mixture. Stir well. Pour into a well-greased loaf pan. Bake in moderate oven (350°F) for about an hour. Cool before removing from pan and wrapping in tinfoil. The cake will keep for three months in the freezer or for two weeks in the refrigerator.

OATMEAL CAKE

Betty Mae Dyck

1 cup quick cooking oats
1 stick margarine (1/4 lb. or 1/2 cup)
1 cup white sugar
1 cup brown sugar
2 eggs
1 1/4 cups flour
1/2 tsp. salt
1 tsp. soda
1/2 tsp. nutmeg
1 tsp. cinnamon

Mix the first two ingredients in 1 1/4 cups boiling water. Let stand for about 20 minutes. Add the sugars and eggs, mixing well each time. Sift and add the rest of the ingredients. Pour into 9" x 13" pan. Bake in 350°F for 30-40 minutes.

Topping:
6 tbsp. butter or margarine
1/2 cup evaporated milk

1/2 cup brown sugar
1 tsp. vanilla
1/2 cup nuts
1 cup dessicated coconut

Mix together the above ingredients and spread on warm baked cake and brown under the broiler until golden brown for about 4-5 minutes.

BANANA DREAM CAKE

Connie B. Carangal

1/2 cup margarine or butter
1 1/2 cups sugar
2 eggs
1 cup mashed bananas(bungulan, lacatan, or latundan)
1 tsp. vanilla
2 cups sifted cake flour
1 tsp. baking soda
1/4 tsp. salt
1/2 cup diluted evaporated milk plus 1 tsp. vinegar

Cream butter and sugar thoroughly. Add eggs and beat until fluffy and creamy. Add mashed bananas and vanilla. Beat in alternately until just smooth, sifted dry ingredients and milk mixture. Turn into 8" x 2" cake pan lined with wax paper. Bake at 350°F for 1 hour or until done. Cook. Sprinkle with powdered sugar.

CRAZY CHOCOLATE CAKE

Betty Harwood

1 1/2 cups sifted flour
1 cup sugar
3 tbsp. cocoa
1 tsp. baking soda
1/2 tsp. salt
6 tbsp. salad oil
1 tbsp. vinegar
1 tsp. vanilla
1 cup cold water

Sift together all dry ingredients into a bowl. Add oil, vinegar, vanilla and cold water. Beat until just mixed well. Pour into 8" x 8" x 2" pan. Bake at 350°F for about 25-30 minutes.

Recipe may be doubled and baked in a loaf pan or a bundt cake pan.

MAYONNAISE CAKE

Nalda Ramos

1 cup prunes or dates, cut fine
1 cup pili nuts, chopped
2 tbsp. soda
1 cup boiling water
1 cup mayonnaise
1 cup sugar
2 cups flour
1 tsp. vanilla

Set oven to bake at 350°F. Line a 9" x 9" x 1-3/4" pan with wax paper. In a bowl mix prunes or dates, nuts, 1 tsp. soda and boiling water. Set aside. Cream mayonnaise and sugar and add to above. Sift flour and 1 tsp. soda. Add to above. Add vanilla. Bake in moderate oven for 30 minutes. Cool and chill before serving. Serve with sweetened whipped cream.

BLITZ TORTE NO. 1

Connie Carangal

4 cups margarine or butter
5 cups sugar
16 egg yolks, beaten
8 tsp. vanilla
1 cup evaporated milk
3 cups all-purpose flour
8 tsp. baking powder
16 egg whites
3 cups sugar
2 cups chopped cashew nuts
1/2 cup sugar
4 tsp. cinnamon

Cream margarine and sugar until fluffy. Add beaten egg yolks, vanilla and milk. Beat in sifted flour and baking powder. Spread mixture in 29" round greased pans. Set aside. Beat egg whites until frothy. Gradually add 3 cups sugar and continue beating until stiff. Spread on unbaked mixture in the two pans. Sprinkle with mixture of cashew nuts, sugar and cinnamon. Bake at 350°F until done.

BLITZ TORTE NO. 2

Sally Novero

Batter:
1 cup all-purpose flour
1 tsp. baking powder
1/4 tsp. salt
1/4cup margarine
3/4 cup refined sugar
4 egg yolks
3 tbsp. milk

Meringue:
4 egg whites
1 cup confectioner's sugar
1 tsp. vanilla
1/2 chopped cashew nuts

Chocolate topping:
1 cup sugar
1/4 cup cocoa
1/4 cup milk
2 tbsp. margarine
1/4 tsp salt

Mix avoce ingredients on top of double boiler and cook over medium heat, stirring constantly until thick.

Sift flour, baking powder and salt. Set aside. Cream the margarine and sugar until light. Add the egg yolks. Then add the flour mixture and milk alternately and beat the batter until smooth. Beat the egg whites until stiff and gradually add the sugar and dash of salt, beating continuously until soft peaks form. Fold in the vanilla. Put aside. Spread the batter in two greased 9" pans. Then spread half of the meringue on each batter. Stud with cashew nuts. Bake in slow oven 300°F for 40 minutes. Test for doneness. Allow to cool. Place one layer, meringue side up, on a cake plate. Spread chocolate topping, reserving about 4 tbsp. for the other layer. Place the other layer, meringue side up, on top of the chocolate-filled first layer. Spread the rest of the chocolate topping.

CALAMANSI OR LEMON LOAF

Betty Mae Dyck

1/2 cup shortening
1 cup white sugar
2 well-beaten eggs
1 tsp. calamansi juice or lemon extract
1/2 cup milk
1 1/2 cups sifted flour
3 tsp. baking powder
1/2 tsp. salt

Cream the shortening. Add the sugar, eggs, flavoring and milk one at a time. Sift together all the dry ingredients and add to the first mixture.

blending well. Bake in well greased and floured loaf pan at 350°F for about 1 hour. Test for doneness with tester.

Topping:
1/3 cup calamansi juice
1 cup icing sugar

Mix the above ingredients and glaze the top of cake previously pricked with fork to allow seepage.

Leave lemon loaf in pan until well-cooled. Remove from pan and wrap in wax paper and place in a plastic bag. Lemon loaf will stay for 3 months in the freezer or 2 weeks in the refrigerator.

MOCHA BUTTER ICING

1 cup (1/2 lb.) butter or margarine
3/4 cup sugar
1 cup milk, chilled
3 tsp. instant coffee, melted in a little hot water

Combine sugar, coffee and milk. Cream butter and gradually add the sugar-coffee-milk mixture. Continue beating until of spreading consistency.

CHOCOLATE OR COCOA BUTTER ICING

Betty C. Dangilan

1/2 cup cocoa
2 tbsp. butter or margarine
2 tbsp. evaporated milk
1 cup sifted confectioner's sugar
1/4 tsp. vanilla
1/8 tsp. salt

Melt cocoa wih margarine on top of double boiler. Rmove from heat. Add confectioner's sugar, vanilla and salt. Beat until smooth. Thin with milk if necessary.

FUDGE FROSTING

Betty C. Dngilan

1/4 cup cocoa
1/4 cup butter or margarine
1 big can condensed milk (14 oz.)
2 tsp. butter or margarine

Melt cocoa and butter in a saucepan. Add condensed milk. Cook over low heat, stirring till mixture is of spreading consistency. Remove from heat and add 2 tbsp. butter. Spread over cooled cake using spatula. Decorate with chopped cashew nuts or peanuts.

SUGAR FLOWERS

Betty C. Dangilan

1 egg white
1 1/4 to 1 1/2 cups confectioner's sugar
1 tbsp. calamansi juice or 1/4 tsp. cream of tartar

Beat egg white; add powdered sugar little by little until stiff. Add juice or cream of tartar and continue beating until very stiff but not dry. Color as desired and make flowers with decorator. Cover the mixture with wet cloth to prevent drying.

BUTTER ICING

Betty C. Dangilan

3/4 cup sugar
1 cup evaporated milk, chilled
1 cup (1/2 lb.), butter or margarine

Dissolve sugar in evaporated milk. Cream butter and gradually add sugar-milk mixture. Continue beating until of spreading consistency.

CHEESY BUTTER ICING

Betty C. Dangilan

1/2 cup grated cheddar cheese
1/2 cup crushed pineapple, drained
1/4 cup finely chopped casuy nuts
1 tsp. vanilla extract
2 tbsp. rum

Add the above ingredients one by one to the butter icing, beating well after each addition.

COOKIES

CORNSTARCH COOKIES NO. 1

Lily Saplala

1 lb. butter at room temperature
1 cup powdered sugar
1 cup cream cornstarch sifted with
4 cups flour

Cream butter and sugar. Add cornstarch-flour mixture. Pat out on board and cut to desired shape. Bake 25 to 30 minutes at 275° to 300°F.

These cookies melt in your mouth when freshly baked.

CORNSTARCH COOKIES NO. 2

Lil E. Gamaitan

3/4 cup shortening
3/4 cup sugar
3 eggs
3 1/2 cups cornstarch (1 lb. box)
1/4 cup flour

Cream shortening and sugar until fluffy. Add the eggs and the cornstarch and if dough is still too soft to be molded, add the flour gradually. Beat at medium speed for about 5 minutes. Feed to cooking press and using the desired shapes, press or mold on greased cookie sheets. Bake at 375°F for 10 to 12 minutes until just golden brown.

PINEAPPLE COOKIES

Lil E. Gatmaitan

1/2 cup margarine
1/2 cup sugar
1 cup packed brown sugar
1/2 tsp. vanilla
1 egg
2 cups sifted all-purpose flour
1/4 tsp. baking powder
1 tsp. salt
1/2 cup drained crushed pineapple
1/2 cup chopped nuts (optional)

Cream margarine, sugars and vanilla. Stir in egg. Sift together drv ingredients and add to creamed mixture. Stir in pineapple and nuts. Drop by teaspoonfuls on greased cookie sheets. Bake at 375°F for 10 to 12 minutes. Yields 4 dozen cookies.

WALNUT COOKIES

Mr. Dan Toio

1 cup melted butter
1/4 cup sugar
1 tsp. vanilla
2 cups sifted flour with pinch of salt
2 cups walnuts, chopped fine
Powdered sugar for coating

Mix all ingredients in the order given (except powdered sugar). Shape into approximately 48 little balls. Bake at 260°F for 50 minutes. Roll while still warm in powdered sugar.

TURRON DE CASUY

Dionisia Aspiras

2 cups toasted casuy, chopped
2 cups sugar
1/2 cup honey

Put sugar and honey in a pan and cook over low heat, stirring until the sugar melts. Pour sugar mixture over the chopped casuy and roll out into 1/2 inch thickness with rolling pin. With a sharp knife, cut the turron into rectangles 4" x 6". Use a heavy piece of wood to push down on turron. Wrap in tin foil, using wax paper between layers.

CHEWY CHEWS

Marcia C. Jesena

3/4 cup sifted cake flour
3/4 tsp. baking powder
1 cup granulated sugar
1/4 tsp. salt
1 cup finely cut-up, pitted dates
1 cup chopped nuts (cashew)
2 eggs, beaten

Heat oven to 350°F. Grease 8" x 8" x 2" pan. Sift together flour, baking powder, sugar, and salt. Add dates, nuts, and eggs. Mix thoroughly. Spread in pan. Bake about 45 minutes, or until done. Immediately cut into small squares. When squares have cooled slightly, roll each into a ball, turning crusty top inward; roll each ball in granulated sugar. Store in tightly covered container.

Make 4 dozens.

A woman who works with Jean' Mother at the American Bar Association called Mrs. Fields' Cookies and asked for the attached recipe. She was told there was a two fifty charge for the recipe. She assumed it was $2.50 and she charged it to her Visa Card. It was not $2.50 but $250.00. In order to get her money's worth, she is passing the recipe out to everyone.

MRS. FIELDS' COOKIES

Cream together: 2 cups of Butter
2 cups of granulated sugar
2 cups of brown sugar

Add: 4 eggs
2 teaspoons of Vanilla

Mix together: 4 cups of all-purpose flour
5 cups of Oatmeal (put small amount in blender after measuring, until it turns to powder)
1 teaspoon of salt
2 teaspoons of Baking Powder
2 teaspoons of Baking Soda

Mix together all ingredients, add 24 oz. bag of chocolate chips, one 8 oz.

Mix together all ingredients, add 24 oz. bag of chocolate chips, one 8 oz. Hershey Bar (finely grated) and 3 cups of chopped nuts (any kind).

Bake on ungreased cookie sheet. Make golfball size cookies, 2" apart, bake at 375° for 6 minutes. Makes 112 cookies.

The $250.00 Recipe

GIVE TO EVERYONE — These are
delicious! Now I see why they are a $
a $1.00 a piece.
(Submitted by Eva Labadan)

SOUR CREAM FRUIT SQUARES

Betty Mae Dyck

Base:

2 1/2 cups sifted all-purpose flour
1/2 cup white or brown sugar
1/2 tsp. salt
3/4 cup margarine

Mix together with bands the above ingredients until well blended. Press lightly into a large pan. Bake for 10 minutes at 350°F.

Filling:

2 eggs, well beaten
1 cup brown sugar
1 tsp. vanilla
1 tbsp. calamansi or lemon juice
3 tbsp. flour
1/2 tsp. baking powder
1 tsp. salt
1/2 tsp. nutmeg or allspice
2 cups sour cream or add tbsp. vinegar to a large can of evaporated milk
1/2 cup raisins
1/2 cup glazed fruits
1/2 cup dessicated coconut
1/4 cup chopped cashew nuts

Mix the above ingredients and pour over baked base. Bake about 30 minutes at 350°F or until filling is firm and nicely browned. Cut into squares. 1" x 1"

Decorate with butter icing:

1/2 cup icing sugar
1/2 tsp. lemon flavoring
1 heaping tsp. margarine
Dash of salt

Mix the above ingredients, adding just enough hot water to blend Make a "flower" on top of each square, placing a piece of green or red kaong at the center.

PEANUT BRITTLE

Fe Baclig

1 cup shelled raw peanuts
1 cup white or washed sugar

2 tbsp. margarine
1/4 tsp. salt

Roast peanuts at 350°F for about 10 minutes. Melt sugar in a skillet. When sugar is melted, turn flame to low. Add roasted peanuts, margarine and salt, stirring well. Pour quickly on greased board roll out thinly with a rolling pin. When peanut brittle cools, cut into squares.

CHOCOLATE-CHEESE COOKIES

Lil E. Gatmaitan

1 cup margarine
2 cups shredded cheese
1 1/2 cups sugar
1 egg
1 tsp. vanilla
2 1/2 cups all-purpose flour
1 tsp. baking powder
1/3 cup cocoa
1/2 cup chopped peanuts

Heat oven to 375°F. Sift together flour, baking powder and cocoa. Set aside. Cream together margarine and cheese. Add sugar and mix well until soft and fluffy. Stir in egg and vanilla. Add flour mixture and mix well. Stir in peanuts. Drop by teaspoonfuls onto greased baking sheet. Bake 12 to 15 minutes. Makes about 6 dozen cookies.

BUKO DREAM BAR

Connie Carangal

1/2 cup shortening
1/2 cup sugar
1 cup all-purpose flour
1/2 tsp. soda
1/4 tsp. salt

Topping:

1/2 cup brown sugar
1 egg, beaten
1/2 tsp. vanilla
2 1/2 cups shredded buko

Cream shortening and sugar. Beat in the dried ingredients. Pour mixture into a baking pan and bake at 370°F to 400°F just until almost done. In the meantime, mix the ingredients for topping, spread evenly on baked layer and broil until golden brown.

BANANA CHOCOLATE CHIP BAR

Connie B. Carangal

2 cups all-purpose flour
2 tsp. baking powder
1/2 tsp. salt
2/3 cup shortening
2/3 cup sugar
2/3 cup brown sugar
1 egg
1 tsp. vanilla
1 cup mashed ripe, banana (bungulan)
6 tbsp. cocoa or 6-oz. pkg. semi-sweet chocolate chips

Sift together flour, baking powder and salt. Cream shortening and sugar. Beat in vanilla and egg. Blend in banana and flour mixture. Stir in cocoa. Spread in a greased and floured pan. Bake in pre-heated oven 350°F for 20 to 25 minutes. Cut into squares.

PIES AND PASTRIES

MANGO TORTE

Helen L. Valmayor

2 1/2 cups flour
1 tbsp. baking powder
1/2 cup sugar
1/2 cup shortening
2 egg yolks
1 tsp. orange flavoring

Mix dry ingredients. Add shortening, egg yolks and flavoring. Cut with pastry blender until fine. Set aside about half of pastry mixture, sprinkle with a little cold water and refrigerate. Line bottom of pan about 1/2 inch thick with the rest of the pastry mixture and press gently. Cover with orange marmalade or mango jam. Roll and cut into strips the chilled pastry. Lay the strips diagonally crisscrossing each other over the mango jam. Bake at 350°F for about 15 to 20 minutes until strips turn golden brown.

BANANA CHIFFON PIE NO. 1

Rebecca Pascual

Graham cracker crust:
1 1/2 cups crushed Graham crackers, 20 pc.
1/3 cup melted butter

Combine and mix well the cracker crumbs and melted butter. Pour into a 9-inch pie pan and press firmly and evenly against the sides and bottom of the pan. Chill.

Chiffon filling:
3 oz. pineapple-flavored gelatin
1 cup boiling water
3 beaten egg yolks
3 egg whites
1/3 cup sugar
1/2 cup grated cheddar cheese
3 bananas, sliced, preferably lacatan or bungulan variety

Dissolve gelatin in boiling water. Add beaten egg yolks and stir over low heat about 5 minutes. Chill until slightly thickened. Beat egg whites until soft peaks form. Gradually beat in sugar until stiff but not dry. Fold in gelatin mixture, then add grated cheese and banana slices. Pour into the crust. Chill until firm. Garnish with banana slices and grated cheese.

BANANA CHIFFON PIE NO. 2

Nora Flores

Crumbly Crust:

1 1/4 cups sifted all-purpose flour
1/3 cup white sugar
1/2 cup butter or margarine

Combine the above ingredients and work with fingers into fine crumbs. Press mixture firmly on bottom and sides of a 9-inch pie pan, using palm and fingertips. Bake for 10 minutes at 350°F until crust is golden brown Cool.

Chiffon filling:

Use the same ingredients and procedure in BANANA CHIFFON PIE NO. 1. For the gelatin, use the lime flavor instead.

CALAMANSI MERINGUE PIE

Lydia Santos

Crust:

1 1/3 cups all-purpose flour
1 tsp. salt
1/3 cup cooking oil
3 tbsp. cold milk

Meringue:

3 egg whites
1/4 tsp. cream of tartar
6 tbsp. sugar

Filling:

3 egg yolks
1 can (14 oz.) condensed milk
1/3 cup calamansi juice

Mix together the flour and salt in a bowl. Without stirring, pour into measuring cup the oil and milk. Then pour all at once into the flour. Stir lightly until mixed. Flatten slightly and roll between two sheets of wax paper, 12 inches square. Roll out gently until circle reaches edges of paper. Remove top paper. Invert the dough into a 9-inch pie pan, paper side up. Peel off paper and fit dough into the pan. Trim edges and flute. Prick bottom and sides thoroughly with fork. Bake until golden brown, at 475°F from 8 to 10 minutes.

Mix together the egg yolks, condensed milk and calamansi juice. Pour into baked shell. Cover with meringue and bake until delicate brown, at 400°F from 8 to 10 minutes. Meringue should cover the edge of crust. For decorative top, swirl or pull up points.

LEMON MERINGUE PIE

Maria R. Mondonedo

Crust:
1 1/2 cups flour
1/2 cup butter

Filling:
1/2 cup flour
1 cup sugar
Juice of 8 calamansi or 1 lemon
1 cup water
3 egg yolks

Meringue:
3 egg whites
1/2 cup sugar
2 tsp. lemon extract

Prepare bottom crust. Bake until light brown. Mix the flour, sugar, calamansi or lemon juice and water. Cook until half done, stirring constantly. Add the yolks, stirring some more and continue cooking until done. Pour into the pie crust or shell and cover with the meringue. Return to oven until just golden brown.

BUKO CREAM PIE

Nalda Ramos

Pie crust:
1 cup all-purpose flour
1 tsp. salt
1/3 cup shortening
3 tbsp. cold milk

Filling:
2 cups grated young coconut (buko)
1 can (14 oz.) evap. milk
1 1/2 cups white sugar
4 tbsp. cornstarch
3 eggs, separated
4 tbsp. butter
1 tsp. lemon or dayap rind
6 tbsp. white sugar for meringue

Make pie crust and bake half-done 20 minutes until light yellow. Set aside. Heat buko, milk and sugar. When mixture boils, stir in cornstarch dispered in part of milk. When the mixture is cooked, add yolks, stirring vigorously. Add butter and rind. Pour mixture into pie crust. Beat egg whites until stiff and add the sugar. Pour meringue on top of pie mixture. Bake 8 to 10 minutes until meringue becomes slightly brown.

FRESH COCONUT PIE

Jean Kauffman

1 baked pie shell, 9" diameter
1 coconut grated
2 cups milk (1:1 evap. milk and water)
3 tbsp. cornstarch
1/3 cup sugar
1/4 tsp. salt
4 egg yolks, blended
1 tbsp. butter
1 tsp. vanilla
4 egg whites
1/2 tsp. cream of tartar
1/2 cup sugar

Measure 1 cup of grated coconut and combine with milk in a double boiler. Heat, stirring constantly, until mixture starts to boil. Remove from heat and let stand for 20 minutes. Strain the liquid through cheese cloth and then squeeze out milk from coconut pulp. Combine strained and squeezed-out milk, which should measure 2 cups. Add more milk if less than 2 cups to fill the specified amount.

Blend well in a saucepan cornstarch, sugar and salt. Gradually add milk mixture and cook over low heat, stirring constantly until thick and translucent. Pour back mixture into pan and continue cooking just until the first bubble appears. Stir in vanilla and butter. Cool slightly. Add all but 1/4 cup of remaining grated coconut. Pour into baked pie shell.

Beat egg whites till frothy and add cream of tartar. Gradually beat in 1/2 cup sugar, beating till mixture holds a stiff point. Spread over pie and sprinkle with remaining coconut. Bake at 325°F till lightly brown. Turn off oven and leave oven door open for 10 minutes. Remove pie from oven and cool at room temperature. Pie is best eaten when chilled before serving.

This is a very rich pie; serve only in small pieces.

MOCK APPLE PIE

Fe Baclig

1/4 cup water
2 1/2 tsp. cream of tartar
2 1/2 cups refined sugar
1/2 tsp. cinnamon
1/4 tsp. nutmeg
20 pieces Fita crackers or skyflakes
2 pie crusts for 8-inch pan
2 tbsp. butter

Bring to a boil the water, cream of tartar, sugar, cinnamon and nutmeg, about one minute until sugar is well dissolved. Add the crackers. Do not stir. Continue cooking for 2 minutes. Remove from fire and let cool. Pour in pie crust. Dot with butter. Cover with crust. Bake 35 minutes at 400°F.

DOUBLE-DECKER

Adapted and revised by Nora Flores

Pastry Layer:

- 1 1/4 cups sifted all-purpose flour
- 1/3 cup white sugar
- 1/2 cup butter or margarine

Combine the above ingredients with the fingers until well blended into fine crumbs. Pack into bottom of a greased 9" square pan, pressing lightly with the palm. Press at corners with fingertips. Bake at 350°F about 20 minutes until edges are lightly browned.

Top layer:

- 1/3 cup light brown sugar, packed
- 1/3 cup white sugar
- 2 eggs
- 1 tsp. vanilla
- 2 tbsp. all-purpose flour
- 1 tsp. baking powder
- 1/2 tsp. salt (if shortening is not salty)
- 1/2 tsp. nutmeg
- 1/2 cup chopped cashew nuts
- 2 (1 1/2 oz.) boxes raisins

Combine the first four ingredients and beat well. Sift flour with baking powder, salt and nutmeg and add to the first mixture. Stir in nuts and raisins. Turn the batter into the hot baked pastry layer. Bake at 350°F about 20 minutes more. Cool, sprinkle top with powdered sugar and cut into bars.

PIZZA PIE

Nalda Ramos

Crust I:

1 cup lukewarm water
5 tsp. yeast
3 cups sifted all-purpose flour
1 tsp. salt
2 tbsp. cooking oil or shortening

Crust II:

2 1/2 tsp. yeast+ 1/4 cup water
1 tbsp. sugar heaping
1 tsp. salt
1 tbsp. shortening
1 cup boiling water

Dissolve yeast in water and let stand for 5 minutes. Stir in flour, salt and oil and knead until it becomes a smooth ball. Let rise in a greased covered bowl in a warm place. Pat dough into 2 greased pizza pans, pressing it towards the edges.

Filling:

1/2 cup chopped ham
1 med.-sized head garlic, minced
1 med.-sized onions, chopped
1 cup chopped tomatoes
1 cup catsup
1 tbsp. msg.
1/2 tsp. oregano
1 bay leaf
1 tsp. pepper
1/2 cup cream of mushroom soup
1/2 cup cottage cheese

Topping:

1 cup grated cheese
2 pc. regular frankfurters, sliced
4 slices salami, 1/2 inch thick cut into squares
1 chorizo de Bilbao, sliced thinly
4 to 6 pitted olives, quartered
1/2 cup cottage cheese
1 red and 1 green pepper, diced

Toss ham in a skillet until fat comes out. Add garlic and onions and saute until brown. Add the rest of the ingredients and simmer for 20 minutes. Spread tomato filling on crust. Sprinkle with grated cheese. Top with alternating rows of frankfurters, salami and chorizo. Dot with olives, cottage cheese and pepper. Bake immediately in hot oven (450°F) for about 25 minutes. Serve hot, cut into wedges.

(Note: You may use either crust I or crust II.)

PILI PIE

Helen Valmayor

1-inch pie shell, unbaked, refrigerated
1 cup granulated sugar
Pinch of salt
1 cup dark corn syrup
1/2 cup butter
1/2 tsp. vanilla
2 to 2 1/2 cups coarsely chopped pili nuts
3 eggs, yolks separated from whites

Heat oven at 325°F. Beat egg whites until foamy. Set aside. In saucepan, combine sugar , salt, corn syrup. Simmer until sugar dissolves. Remove from heat, stir in butter, vanilla, pili, beaten egg yolks, egg whites. Mix and pour into pie shell. Bake for 40 minutes. Cool and refrigerate.

EMPANADAS

Alejandria Casin

Dough:

2 cups flour
6 egg yolks, blended
1/2 cup margarine
Ice-cold water

Filling:

1 can (14 oz.) condensed milk
5 egg yolks
1/2 cup cashew (casuy) nuts, ground
1 tbsp. butter
1 tsp. dayap rind

Cut margarine into flour until fat particles are the size of corn. Sprinkle yolk, a tbsp. at a time, mixing gently with a fork until flour mixture is moistened. Use the ice-cold water if yolks are not sufficent to bind the flour mixture. Do this with the least handling if possible. Press thinly on floured wooden board and cut into 1 1/2-inch squares.

Mix the filling and cook over low fire or on top of double boiler. Spoon about 1 tsp. filling on dough squares. Fold over and close edges by pressing with fork. Bake. Roll in sugar and wrap in multicolored cellophane wrappers.

KITCHEN TIPS

EQUIVALENTS

A pinch = as much as can be taken by tips of forefinger and thumb
A few grains = less than 1/8 tsp.
3 tsp. = 1 tbsp.
2 tbsp. = 1/8 cup
4 tbsp. = 1/4 cup
8 tbsp. = 1/2 cup
12 tbsp. = 3/4 cup
16 tbsp. = 1 cup
4 oz. = 1/2 cup
2 cups = 1 pint
2 pints = 1qt., liquid
4 qt. = 1 gallon, liquid
16 oz. = 1 lb.
2 cups fat = 1 lb.
2 cups sugar = 1 lb.
4 cups sifted flour = 1 lb.
5/8 cup = 1/2 cup + 2 tbsp.
7/8 cup = 3/4 cup + 2 tbsp.
2-2/3 cups powdered sugar 1 lb.
2-2/3 cups brown sugar = 1 lb.
1 lb. butter = 2 cups or 4 sticks
.15 grams = 1 tbsp.
2.2 lb. = 1 kg.
1,000 gm. 1 kg.
2 kg. approximately 1 ganta

SUBSTITUTES

For:	Use:
1 tbsp. cornstarch (for thickening)	2 tbsp. flour (approximately)
1 whole egg	2 egg yolks + 1 tbsp. water (for cookies)
1 whole egg	2 egg yolks (for custard and such mixtures)
Eggs	3-4 tbsp. liquid (called for by recipe) for each egg omitted
1 cup fresh whole milk	1/2 cup evaporated milk + 1/2 cup water or 4 tbsp. dry whole milk + 1 cup water
1 cup fresh whole milk	1/3 cup instant nonfat dry milk + 1 cup less 1 tbsp. water + 2 tbsp. butter (optional)
1 cup fresh whole milk	1 cup sour milk or butter milk + 1/2 tsp. soda (and reduce baking powder called for in recipe by 2 tsp.)

1 cup sour milk or buttermilk	1 tbsp. lemon juice or cider vinegar + enough whole fresh milk to make 1 cup
1 sq. unsweetened chocolate (1 oz.)	3 tbsp. cocoa + 1 tbsp. fat or shortening
1 cup honey	1/4 cups sugar + 1/2 cups liquid
1 cup canned tomatoes	About 1-1/3 cups cut-up fresh tomatoes simmered 10 minutes
1 cup catsup	1 cup tomato sauce or mashed canned tomato + 1/4 cup brown sugar + a dash each of ground cloves and allspice
2 1/4 cups cake flour	2 cups all-purpose flour + 2 tbsp. cornstarch
1 cup cake flour	7/8 cup all-purpose flour + enough cornstarch to make 1 cup
1 tsp. baking powder	1/4 tsp. baking soda + 1/2 tsp. cream of tartar
1 cup corn syrup	3/4 cup sugar + 1/4 cup water or liquid called for in recipe

PRACTICAL SUGGESTIONS

Shopping Guide:

It is always economical to plan meals several weeks in advance. Plan simple, nutritious, palatable and economical meals. Keep your family happy and healthy. Children fed on a balanced diet of nourishing foods are brighter, better looking and more resistant to disease.

Before you start grocery shopping, make a list of all the things you will need for a particular length of time. In the grocery, keep to your list if you wish to avoid costly impulsive buying.

Meat:

Meat is a vital food, a good source of minerals, particularly phosphorus and iron and of the B vitamins.

But meat is expensive. It is worthwhile for the housewife to get acquainted with different cuts of meat and their uses in order that she will know what cut to use for a particular dish and how to serve appetizing meals suited to the family budget.

Meat may be cooked by

dry heat like roasting, broiling, panbroiling, or frying for tender cuts, or by *moist heat* like braising, stewing, or simmering in water for less tender cuts.

Cook meat at low temperature. Gentle simmering reduces shrinkage and helps retain flavor and juices. Meat becomes tender and uniformly cooked with less fuel consumption. Spattering is avoided, there is less watching and less work in cleaning pans, racks and ovens.

To cook your Chinese ham: boil ham in water. Discard water and scrape surface of ham with a knife. Simmer ham in pineapple juice until ham is tender and juice almost dries up. Remove skin from ham, pat fat with brown sugar and place under broiler till ham turns a deep golden brown.

Poultry is a very perishable food that must be kept cold when raw and quickly chilled after cooking if it is not to be eaten at once.

Vegetables:

Avoid waste. When you buy vegetables to last for a week, follow a plan for using them.

Leafy vegetables should be used within three days.

Fruit vegetables continue to mature even in the cold so that you may find the ampalaya overripe or your okra tough after a few days. Eggplants and sayote may rot in spots.

Vegetables lose some of their essential vitamins and minerals when no longer fresh.

Salads:

Salads are economical and hearty.

Select greens that are fresh, crisp and dry. Get fresh fruits that are plump, ripe, juicy and free from blemishes.

Choose canned fruits for appearance and quality.

Protein foods used in salads, like meats, poultry, eggs and seafoods should be fresh.

Wash salad greens thoroughly.

Greens for tossed salads should be torn to pieces, not cut with a knife.

Cucumbers are more decorative unpeeled; just run the tines of a fork lengthwise down the cucumber.

Add only enough salad dressing to coat the greens. Too much dressing will wilt your lovely crisp greens. Toss greens with salad fork and spoon after you add the salad dressing.

For crisp salads, add dressing only immediately before serving.

To insure equal distribution of seasoning in salads, season mayonnaise or any salad dressing before it is added to the salad.

For fruit salads, combinations of fruits are limitless. Use an interesting focal point, such as a bowl of dressing or a tempting fruit or a special garnish. Then group your fruits around the focal point in an attractive design.

Color contrasts are very important in the arrangement of a large salad tray or an individual fruit salad.

Fruits like avocados, bananas and apples darken when sliced. To prevent discoloration, dip the cut slices in orange, lemon, pineapple or calamansi juice.

Beverages and Juices:

Calamansi juice should be served cold, the slightest hint of heat may remove its essential substances.

Garnish fruit beverages with slices of lemon or decorate with slices of fruit frozen in ice cubes.

Vinegar:

When you cook with vinegar, do not stir the mixture until it boils. There will be a raw vinegar taste if you stir the mixture before it boils.

Herbs and Spices:

When several herbs are used in any one dish, one herb should predominate over the others; otherwise, you will have a clash of flavors.

Refrigerate chili powder, paprika, and cayenne pepper to keep them fresh longer.

Season to taste only and measure carefully to enhance rather than to smother flavor.

Buy herbs and spices only in small quantities. A little dried herb or spice goes a long way. Herbs and spices lose flavor with time. Store them in airtight containers away from heat and sunlight. Renew your herb and spice stocks once a year even if your old stock is not used up.

Add herbs and spices during the last part of cooking. Add at the same time as salt and pepper.

If you are using herbs and spices in a dish that does not require cooking, let the herbs and spices stay in the dish for a few minutes.

Use too little of any herb rather than too much — just enough to heighten natural flavors

A pinch of oregano added to canned tomato sauce makes a savory addition when the sauce is to be used with meat or fish.

Utensils:

Aluminum. To remove dark (water or food) stains, boil a solution of 2 tbsp. cream of tartar in 1 qt. water for 5 to 10 minutes in the utensil. Then scour with steel wool soap pad to restore shine.

Enamel ware. To remove stains, put a solution of 3 tbsp. chlorine bleach and 1 qt. water in the pan. Let the solution stay in the pan for 5 minutes.

Cakes baked in too large a pan will be pale, flat, and shrunken. When baked in a pan of the right size, a cake will have a good shape and a rounded top. When baked in too small or too shallow a pan, a cake will bulge over and lose contour.

Baking pans with straight sides give a more velvety texture.

Shiny aluminum or tin pans distribute heat evenly and give a delicate golden brown crust to the cake.

When using glass baking pans, reduce oven temperature by 25° and use the same baking time called for in the recipe.

How to measure the capacity of an odd-shaped pan. Fill pan with water. Measure water. Use 2/3 amount of water for batter in creaming method cake. Use 1/2 amount of water for double-quick method cake.

Icings:

To repair butter icing, beat 2 tbsp. butter vigorously with a fork until butter turns light colored. Then add damaged icing little by little, beating vigorously. Beat with mixer when you have combined enough to beat about 1/3 of the icing.

Yeast:

Fresh compressed yeast will keep about 2 weeks in the refrigerator and about 2 months in the freezer. Dry yeast in granular form will keep long in the refrigerator.

Lukewarm water (about 105°-115°F) is used to dissolve yeast for baking bread. Too much heat can kill the yeast.

Yeast will not grow without sugar. The substitute for sugar in yeast bread recipes is honey, molasses or brown sugar.

Monosodium glutamate (abbreviated msg. in this book):

Msg. is a white crystalline seasoning that brings out the natural flavors of many foods. Add during last minutes of cooking to enhance flavor. Use these approximate economical acounts to get good results:

1 tsp. per lb. of ground beef (or less than 1/2 kg.)
1/2 tsp. per lb. for roasts
1/2 tsp. on each side of individual steaks
3/4 tbsp. per 4 servings of vegetables
1 tsp. per lb. of chicken or pork

Freezing tips:

Sauces and mayonnaise separate during freezing. Mayonnaise is best kept in the refrigerator.

Do not completely cook your casserole if it is to be frozen as some part of it will become soft when reheated.

Fried foods will lose their crispness when frozen

Add only a small amount of fat to food which will be frozen. Fat becomes rancid after about 2 months.

Hardcooked egg whites will become tough and rubbery when frozen.

Salad greens and raw vegetables should not be frozen. Vegetables that need to be frozen should be blanched before they are frozen.

Diced potatoes should be added just before heating casseroles. They will crumble if frozen with other ingredients.

Some flavors become strong when frozen; therefore it is best to underseason. The flavor of garlic,cloves, pimiento and green pepper becomes strong after freezing. Onions lose flavor.

Do not refreeze thawed foods.

Glass containers should be filled only 2/3 full if used in freezing foods like milk, preserves, etc.

If cooked macaroni, spaghetti and rice will be frozen, cook them until barely tender for best texture.

SOME PROFESSIONAL SECRETS

For more even browning and a perfect golden color, use unsalted butter for grilling sandwiches.

When spreading butter, horseradish sauce, prepared mustard, mayonnaise, cream cheese or your favorite spreadable on bread, take it all the way to the edges and corners of each slice.

Whenever possible, use only enriched or whole grain bread for your sandwiches. *Enriched* means that three essential B-vitamins — thiamine, niacine and riboflavin — and that important mineral, iron-nutrients needed everyday for good health — have been added.

Only the daintiest tea sandwiches require that the crust be trimmed from bread. Crusts will help keep the edges of the bread from drying out and curling.

When assembling several sandwiches at a time, keep the bread moist by covering with a dampened cloth or paper towel.

Never cook eggs in boiling water; just simmer.

Spoiled eggs rise in water. Fresh eggs will sink to the bottom.

Chill melon in refrigerator in paper bags to prevent spread of odors.

Handle pastry quickly to prevent toughening.

Use as little flour as possible in rolling pastry to prevent making pastry tough .

Chill ingredients well before making pastry; chill pastry dough before rolling it.

In pre-baking pastry crust, fill crust with raw rice to prevent rising and shrinking of pastry.

Marinate less tender cuts of meat in oil and vinegar or lemon juice to tenderize.

For fluffy rice, do not remove cover during entire cooking period.

Store bread in refrigerator, or better still in freezer, and thaw in a pre-heated oven for 5 to 8 minutes before serving.

Bananas should not be stored in the refrigerator as they are, but there is a way to preserve them in good condition. Put bananas in tightly covered or sealed glass jars before refrigerating them.

Onions can be handled without tears if they are stored in covered containers in the refrigerator vegetable bin; the most aromatic onions won't cause tears if they are well chilled.

To keep dampness from affecting flour while it's stored, tuck a bay leaf into the canister. The dried leaf absorbs moisture.

Set the oven timer (always keep one in your kitchen) not at the exact minute the baking or roasting will be done, but to sound off a few minutes earlier. With advanced warning, another chore need not be dropped at an inconvenient moment.

When cooking spaghetti or macaroni or any noodle, add a tbsp. of cooking oil to the water. The oil keeps the water from overflowing and prevents the pasta from sticking together.

For tastier pasta or rice, add a chicken or beef bouillon cube to the cooking water.

Shape hamburger patties or meat balls with wet hands for an extra fast and neat job.

To reheat pasta, pour boiling water over it and drain. Never reboil pasta.

Count on heat to expand glass when a cork won't pull out of a bottle. Wrap a hot cloth around the neck of the bottle and as the neck opening enlarges, the cork will loosen and can be removed easily in one piece.

To separate two glasses that are stuck together, try this method: place the bottom glass in warm water and then pour cold water into the top glass. The glasses will separate without breaking.

Sift flour before storing it in canisters.

It is easier to separate egg yolks from egg whites right after taking them out of the refrigerator, that way there is less danger of breaking egg yolks.

When you bake, have all ingredients at room temperature.

RECOMMENDED DAILY FOOD ALLOWANCE FOR FILIPINOS (1)
FNRC — NSDB

Members of the family	Leafy, yel. & dark green veg. (ckd.)	Vit. C-rich foods	Other fruits & (ckd.) veg.	
	Cup	Serving	Serving	Cup
Reference man				
25 yrs.	3/4	1*	1	1/2
30-49 yrs.	3/4	1	1	1/2
50-69 yrs.	3/4	1	1	1/2
70 + yrs.	3/4	1	1	1/2
Reference woman				
25 yrs.	3/4	1	1	1/2
30-49 yrs.	3/4	1	1	1/2
50-69 yrs.	3/4	1	1	1/2
70 + yrs.	3/4	1	1	1/2
Pregnant woman	3/4	2	1-2	2/3
Nursing woman	1	2	1-2	2/3
Infants: 6-12 mo.	2 1/2 tbsp.	2 tbsp.	2 tbsp.	2 tbsp.
Children:				
1-3 yr.	1/3	2 tbsp.	2 1/2 tbsp.	2 1/2 tbsp
1-6 yr.	1/3	2 tbsp.	1/2	1/4
7-9 yr.	1/3	1	1	1/2
10-12 yr.	1/2	1	1	1/2
Boys:				
13-15 yr.	3/4	2	1	1/2
16-19 yr.	3/4	2	1	1/2
Girls:				
13-15 yr.	3/4	2	1	1/2
16-19 yr.	3/4	1 1/2	1	1/2

*One serving fruit = one med.-sized fruit or one slice of a big fruit.

RECOMMENDED DAILY FOOD ALLOWANCE FOR FILIPINOS (2)

FNRC — NSDB

Members of the family	BODY BUILDING FOODS			
	Protein-rich foods			
	Whole milk	Fish, meat poultry	Eggs/ week	Dried beans & nuts (ckd.)
	cup	Serving**	piece	cup
Refrerence man				
25 yrs.	—	3	2-3	1/2
30-49 yrs.	—	3	2-3	1/2
50-69 yrs.	—	3 1/2	2-3	1/2
70 + yrs.	1	3 1/2	7 or 1/day	—
Reference woman				
25 yrs.	—	3	3-4	1/2
30-49 yrs.	—	3	2-3	1/2
50-69 yrs.	—	3 1/2	2-3	1/3
70 + yrs.	2/3	3 1/2	1/day	—
Pregnant woman	2/3	4	3-4	1/2
Nursing woman	1	5	7 or 1/day	1/2
Infants: 6-12 mo.	2	1	2 or 1/4/day	1/4
Children:				
1-3 yr.	1	1 1/2	2-3	1/4
4-6 yr.	1	2	2-3	1/4
7-9 yr.	2/3	2	2-3	1/4
10-12 yr.	—	3	2-3	1/3
Boys:				
13-15 yr.	—	4	3-4	3/4
16-19 yr.	—	4	3-4	3/4
Girls:				
13-15 yr.	—	4	3-4	1/2
16-19 yr.	—	3 1/2	3-4	1/2

** One serving fish = one medium size, about 16 centimeters long. One serving meat or poultry = one matchbox (1 1/2" x 2" x 1/2") size, 30 grams cooked.

RECOMMENDED DAILY FOOD ALLOWANCE FOR FILIPINOS (3)
FNRC-NSDB

Members of the family	ENERGY FOODS			
	Cereal*** (cooked)	Kamote & potatoes small	Sugar	Fats.
	Cup	piece	tsp.	tsp.
Reference man				
25 yrs.	6	1	10	8
30-49 yrs.	5 3/4	1	9	7
50-69 yrs.	5 1/4	1	9	6
70 + yrs.	4	1	7	5
Reference woman				
25 yrs.	4 1/2	1	7	6
30-49 yrs.	4	1	6	5
50-69 yrs.	3 1/2	1	5	4
70 + yrs.	2 3/4	1	5	3
Pregnant woman	5	1	7	6
Nursing woman	6	1 med.	11	8
Infants: 6-12 mo.	2 1/2 lugao	2 tbsp. mashed	6	2
Children:				
1-3 yr.	2 1/2	1	5	5
4-6 yr.	3 1/3	1	6	5
7-9 yr.	4 1/2	1	6	6
10-12 yr.	5 1/2	1 med.	6	7
Boys:				
13-15 yr.	6 1/2	1 med.	9	9
16-19 yr.	6 1/2	1 med.	9	9
Girls:				
13-15 yr.	5 1/4	1 med.	7	6
16-19	4 3/4	1	7	6

***One cup cooked rice (175 grams
= 5 slices bread, about 17 gm. each
= 5 pieces pan de sal, about 15 gm. each
= 1 1/4 cups cooked corn meal, 250 gm

A WORD ABOUT THE MAQUILING LADIES' CLUB

Established in 1922, the MAQUILING LADIES' CLUB is a non-profit socio-civic organization of the ladies in the Los Banos community in Laguna. The Club is dedicated primarily to helping in the education of youth in the Los Banos area. It awards scholarships to needy but gifted high school students and donates much-needed school supplies and medicine to the eleven elementary schools in Los Banos. The Club also believes in promoting friendship among its members and the members of the community at large through the sponsorship of socio-cultural activities.